

Cooking Workshops

Available by Program Request

Can you feed yourself?

Learn from a local chef how to prepare meals using **FRESH, AFFORDABLE, HEALTHY** food and student-friendly recipes.



Complete the Health Promotion Program Request Form at louisville.edu/healthpromotion

Workshop Highlights

- Your group pre-registers and agrees to pay \$5 per person. Participants get a \$25 value each, including: cooking skills taught by real chef, a tasty meal, Basic Pantry Recipes, and a huge amount of fun...priceless!
- Limited to 12 students per workshop. Minimum of 8 students required to schedule a cooking workshop.
- Workshops are taught by local chefs who are nutrition savvy and cooking experts.

