

Teaching Kitchen



Rapids

Family Health Team

Free Cooking Classes:

Wednesday, October 26, 2016

Recipe Makeover

10:00 AM

Wednesday, November 23, 2016

Whole Grains

10:00 AM

Wednesday, December 14, 2016

Healthy Holiday Baking

1:30 PM



These hands on cooking classes are facilitated by a Registered Dietitian. The principal of these classes is to teach participants how to put “nutritious eats” in their kitchens. Building familiarity with kitchen tools and ingredients is crucial to being able to eat a well balanced diet to prevent chronic disease and promote energy.



Classes are held at St. Andrew's Presbyterian Church

437 Colborne Dr., Corunna

You MUST pre-register. Class sizes are limited.