



HEALTHY COOKING SERIES

WITH CHIEF RHONDA BILL

Heathy Food Alternatives/
Good Greens/Cooking Clean/
Food Recipes from Scratch

For more information, email or call Nancy

nandre@michipicoten.com

705-626-1094

Please Read all Registration information on the next page!!!

Hello Everyone!

I can happy to present a healthy cooking series and open up registration! 🤖

READ ALL INFORMATION.

Program Description please read carefully;

- ❖ There will be 12 classes in total - one per month
- ❖ Dates will be decided in advance, but with flexibility to account for unforeseen circumstances
- ❖ Preference will go to youth between ages of 11 yrs to 21 yrs of age first then open to adults with the younger youth, then to adults (ONLY 30 SPOTS/HOUSEHOLDS)
- ❖ Gift cards of \$75.00 will be provided to participants/households for each session to purchase program supplies to offset costs of cooking program
- ❖ Virtual class
- ❖ Guests will have the option to interact throughout the event by turning on their microphone or through the chat. However, guests can choose their own level of comfort, and do not need to have their screens or microphones on.
- ❖ Time frame for each class will be 5:30-7:30, with the Zoom room opened at 5:15 for any questions and for guests to connect with one another
- ❖ Each class will be recorded with a provided private YouTube link after the class is completed. These recordings can be used at any time in the future and can be sent to those who cannot attend.

There are 30 spots available, one youth per household as the meals serve a family of 4. Only one youth per registration but everyone in your home can participate in the class however you are only provided ONE gift card per household.

This will be a registered program, when signing up keep in mind you're not signing up for an individual session, but committing to do the class once a week for 6 weeks, if you miss more than 2 sessions, your space will go to another youth. If you are registered and something comes up that impedes your ability to come, given the situation you will be exempt from losing your space, but you must contact me in advance.

The reason that it is registered is because each week we will be introducing different healthy cooking techniques as well as a few kitchen skills. Each month will build upon the last, starting with simple techniques and themes and then moving toward more challenging ones! Participants will be sent recipes and a grocery list the week before each class, so that they can prepare their ingredients (grocery shopping, etc.)

Dates:

Generally, we will be running the class on every Tuesday except 1 week.

Dates are as following :

- Tuesday June 20, 2023
- Monday June 26, 2023
- Tuesday July 4, 2023
- Tuesday July 11, 2023
- Tuesday July 18, 2023
- Tuesday July 25, 2023

Please send an email to me at nandre@michipicoten.com with the following information to register:

- Name
- Age
- FULL Mailing address
- Email Address
- Phone Number
- Status Number

one youth per household

Comment below or email me with any questions or concerns 🙋😊

Nancy Andre
MFN