

2021



Access
OF WEST MICHIGAN

Cultivating Solutions to Poverty

**HEALTHY COOKING CLASSES
RESOURCE GUIDE**

Cooking for One

Description:

Cooking for One uses real-life examples and opportunities to brainstorm ways to make cooking for one easier for you while keeping food safety, nutrition and budget in mind. There is **no cost** to participate.

Target Population: Adults

How to Access:

Register online Zoom

Mon & Tues

Jan 4 - Feb 8 at 1pm-

2pm

Dates class runs:

Wed Feb 17- Mar 24

at 10am

Contact

Vickie Pfeifer

pfeiferv@msu.edu

(517) 264-5303

<https://www.canr.msu.edu/events/cooking-for-one-southeast-michigan>

Passport Kitchen

Description:

This unique six-week program allows youth to explore cultures at their own pace and learn to make a dish from the culture. Youth will receive one kit a week that contains a special ingredient, travel brochure, boarding pass, language luggage tags, a packing List, & recipe passport cards to learn and explore as they make these unique recipes.

\$15 cost per family

Target Population: Young kids & families

How to Access:

Register online

Zoom

Dates class runs:

Mondays

Feb 8 - March 8

Contact

Melissa Preston

prest142@msu.edu

<https://www.canr.msu.edu/events/passport-kitchen-winter-2021>

Cooking with Kristi

Description:

An online six-part on-demand cooking video series. Participants will have access to the videos through a private Facebook group. The videos will allow cooks as young as 10 to make creative, tasty, and economical new foods on their own. Classes will be held online via Zoom. There is **no cost** to participate.

Target Population: Young kids & families

How to Access: Register online
Zoom

Registration closes at
11:59 p.m. on March
31, 2021

Dates class runs: Jan. 4- April 1

Contact

Kristi Schreiber
schrei61@msu.edu

(989) 330-5131

<https://events.anr.msu.edu/Cooking2021>

Teen Cuisine

Description:

Teen Cuisine is a hands-on cooking program that teaches students in grades 6-12 important life skills for eating smart and offering information on nutrition, cooking skills and the importance of physical activity. There is **no cost** to participate.

Target Population: Teens 6th to 12th grade

How to Access: Contact Caitlin Lorenc
Zoom

Dates class runs: Jan. 4- April 1
7:30am to 8:30am

Contact

Caitlin Lorenc
lorencca@msu.edu

(231) 882-9671 ext. 514

<https://www.canr.msu.edu/events/teen-cuisine-bchs1f>

4-H in the Kitchen

Description:

Participants will be learning how to prepare a healthier version of a corndog. There is **no cost** to participate.

Target Population: Youth 8 - 19 years

How to Access: Register online
Zoom
Deadline to register
Feb 17

Dates class runs: Mon Feb 20 at 2pm

Contact

Aaron Myers
myersaa1@msu.edu

(231) 845-3365

<https://www.canr.msu.edu/events/4-h-in-the-kitchen-live-baked-corndogs>

Cooking Matters at Home

Description:

As families navigate the Coronavirus crisis, planning and preparing meals can be an incredible challenge in an already stressful time. Cooking matters at Home offers ideas for how families can use what foods are available to create quick, family-friendly, low-cost meals. There is **no cost** to participate.

Target Population: Families

How to Access: Register online
Zoom

Dates class runs: Thursdays March 4-
April 1 at 1-2pm

Contact

Vanessa Armstrong
armst393@msu.edu

(231) 845-3365

<https://www.canr.msu.edu/events/cooking-matters-at-home-efnep->

Be Well Healthy Eating Made Easy

Description:

Learning, eating, and sharing together. There is **no cost** to participate.

Target Population: Young kids & families

How to Access: Drop in

Dates class runs: Currently on hold for COVID-19

Contact

336 Hall St SE,
Grand Rapids, MI 49507

Mary Boes

(616) 450-3525
kjen.bewell@gmail.com

<https://bewellcentergr.org/home/classes/>

Culinary Medicine World of Flavors

Description:

A fun, hands-on, interactive class that will teach you delicious ways to increase the amount of nutrient-dense foods in your diet along with the science of achieving optimal health. **\$30 cost** per class.

Target Population: Young kids & families

How to Access: Register online.
Microsoft Teams

Dates class runs: Multiple dates check website for more details

Contact

Lifestyle Medicine
Phone: 616-486-1417 for class questions
Lifestylemedicine@spectrumhealth.org

<https://www.spectrumhealth.org/patient-care/lifestyle-medicine/culinary-medicine>