



Virtual Team Cooking Session

Session Length: 1hr; 90 minutes; 2hrs.

Details: The purpose of this session is twofold. i) Nurture healthy habits by introducing the mindful art of home cooking. ii) Increase social connections within remote teams.

With an increased interest in personal wellbeing and amassing concerns over ingredients in processed/fast foods, home cooking is making a well-deserved comeback. This workshop combines nutrition and social wellbeing to create a wholesome experience.

Known as culinary therapy, home cooking holds multiple benefits for personal wellbeing including i) increased feelings of accomplishment, ii) a practical exercise in mindfulness, iii) a healthier relationship with food.

From 1-2 hour workshops, cooking sessions are delivered to meet desired time and equipment requests. Sample cooking sessions include:

- Raw Vegan Workshops - Participants learn how to make plant-based versions of favorite foods such as Burritos, Pasta Alfredo, Pad Thai, Vegan Pesto, and more
- Desk Snacks Workshops - Employees make a selection of healthy snacks to boost energy during the workday.
- Cultural Awareness Workshops - Employees learn about international cuisines and their inherent meaning within each culture. Cultures include Ghanaian, Japanese, German, Italian, Thai, Mexican, and Malaysian.

Prep: Participants will be given a list of ingredients to bring to the session.

Connect with WORKBLIS to share your preferences - hi@workblis.com