

TEAM COOKING SESSIONS

Length: 90-min

Delivery Option: Face-to-Face, Virtual

INTRODUCTION:

Cooking can be a fun and rewarding activity that brings people together and helps to build teamwork and communication skills. In this team cooking session, participants will have the opportunity to learn new cooking techniques and create a meal as a group.

Content Outline:

- Introduction to the benefits of home cooking
- Demonstration of basic cooking skills and techniques
- Collaborative meal planning and preparation
- Discussion on the importance of healthy eating and nutrition

Some of our healthy cooking demonstrations include:

- Breakfast On The Run
- Epic Salads Session
- Herbal Tea Blending Workshop
- Meal Prepping
- Basic Cooking Skills: 101
- Immune-Friendly Recipes
- Healthy & Filling Packed Lunches
- Healthy Family Meals
- Healthy Desk Snacks
- Raw Food Workshops
- Vegetarian / Plant-Based Meals
- How To Make Gluten-Free Pasta
- Bread Making Workshop
- Healthy Chocolate-Making Class

Benefits For Employees

- Improved teamwork and communication skills
- Opportunity to learn new cooking techniques and try new recipes
- Increased bonding and social interaction with coworkers
- Improved knowledge and understanding of healthy eating and nutrition

