



Cooking Demonstrations

Healthy eating doesn't have to be complicated. When food tastes great, making better choices feels natural. Our interactive, educational cooking classes show you how to prepare flavorful, plant-based recipes you'll actually want to make at home.

Benefits of Cooking Demonstrations

- Create confidence in the kitchen
- Receive education about healthy, plant-based eating
- Understand portion awareness and affordability
- Develop skills, enhance creativity and improve culinary performance
- Build social connections to create a culture of well-being

Impact for Employers & Organizations

Well-being programs help promote a sense of inclusion and social connection. Cooking classes allow employees or members to be engaged, not only in the program offered at work, but also by learning valuable skills to take home to their kitchens.

Participating in cooking demonstration programs helps participants create healthy habits, improve their health and well-being and can lead to better overall happiness and job satisfaction.

Tips for Success:



- Offer incentives for participants
- Promote the program using Blue Zones Project marketing collateral
- Provide food samples and recipe cards to encourage continued healthy lifestyle habits