

# Back to Basics Cooking Classes with Nia Wegner



## **1. Purpose**

- Over the course of 8 two hour lessons, participants will learn how to cook healthy basic meals. In addition to learning cooking and baking skills, participants will learn how to plan a food budget and plan a balanced meal. At the end of the course, participants will showcase their culinary skills by preparing a luncheon for 20 elders in the community.

## **2. Proposed Outcomes:**

- Participants will increase their knowledge and skills in a variety of cooking topics in addition to learning: Food Safe Practice, Making a Grocery List, Balancing a Budget With Healthy Eating and compiling a list of recipes that the students can use at home.

## **3. Participant/Session Information:**

- Proposed number of participants (10), 5 from Ahms Tah Ow School and 5 from the general Sliammon community.
- Number and duration of sessions: (eight, two hour cooking sessions) plus one luncheon for 20 elders. Proposed dates and times: February 5, 6, 12, 13, 26, 27 March 5, 6, from 1:00-3:00 p.m. at the Salish Centre kitchen. Time and date of elder luncheon is to be determined.

## **4. Lesson Outline:**

Week 1 – Proper cooking techniques of vegetables and meat. Food Safe Practice.

Week 2 - How to make: sauces, dough for quick breads, budget shopping, making a grocery list.

Week 3 - How to make: soups and salads, dressings). Healthy eating. balancing budget with healthy eating.

Week 4 - How to utilize left overs and be creative with what you have in the kitchen. How to serve a meal with a healthy balance that tastes great.