

Sessions are 60 minutes. Cooking Matters at the Store is available as a 60 or 90-minute session. All sessions can be offered on their own or as part of a series



Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.



Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.



No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.



Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, age-appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.



Money-Saver Alert

This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.



Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.



Feeding in the First Year

This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.



Cooking Matters at the Store: Shopping on a Budget

This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels, and reading ingredient labels to find whole grains.

✓ Suggestion for a one-time session

✓ Additional suggestions for a series

My clients say...



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Cooking Matters at the Store

I need ideas for healthy recipes		✓	✓	✓			✓		
I need tips for saving money		✓				✓			✓
Give me ideas for picky eaters!	✓		✓	✓	✓				
I need kids involved in these lessons	✓			✓	✓		✓		
Help me save time in the kitchen!		✓		✓		✓			✓
I'd love to connect with other parents		✓	✓			✓			✓
What should I feed my infant?	✓		✓		✓			✓	