

What's Cooking in 2022? Your NEW Kitchen Skills!



Sometimes the kitchen can be a daunting place, but we are here to help! Join us for Kitchen Confidence, a four-week email series designed for home cooks ready to take it to the next level. New to the kitchen or just looking for inspiration? Kitchen Confidence is for you.

REGISTER FOR WEEKLY EMAILS HERE



Upon registration you will receive the first week's email so that you can begin learning and cooking right away! These themed emails will include video demonstrations from your a nutrition team, recipes, a challenge, practical tips and resources that will inspire you to improve your kitchen skills for feeding yourself and your family well.

Weekly themes:

- Savory Soups and Sauces
- Smoothies and Sweet Endings
- Satiating Salads
- Sizzling Stir-fries

