

Beginners Level Cooking

Friday | 11:00 AM - 12:50 AM | In-person only at BUE Studio, 35 W Main Street, Smithtown NY

Instructor: Erin Vlasak

In this in-person only interactive class, you'll learn essential cooking skills and techniques tailored to beginners. From acquiring basic chopping skills, following recipes and developing a better understanding of kitchen safety protocols, certified Nutritionist Erin Vlasak will guide students through each step. Students will also discover the art of cooking delicious and nutritious meals that won't break the bank.

Helpful tips such as researching local grocery store flyers, using coupons and building nutritionally whole meals with savings in mind will be integrated into weekly lessons. Throughout this class, students can expect to develop their meal prep confidence, along with fundamental cooking skills and how to integrate nutritional awareness and healthy food choices within every meal.

CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

Fall I- 8 Weeks

9/6, 9/13, 9/20, 9/27,
10/4, 10/11, 10/18, 10/25

Fall II- 7 Weeks

11/8, 11/15, 11/22, 12/6,
12/13, 12/20, 12/27



PRICING

Fall 1 (8 Wks): \$360
Fall II (7 Wks): \$315

REGISTRATION

To register, email: chawkins@buexperience.org.
More info at www.abcommunityclasses.org.