

## Cooking: Healthy Snack Prep Class

**Monday | 3:00 PM - 3:50 PM | Via Zoom and/or in-person**

Instructor: Erin Vlasak

Start your day on a nutritious with the world of nutrition and delicious healthy snacks. This interactive class is designed to empower students to make informed choices about their diet while enjoying tasty treats.

Explore the nutritional benefits of various foods and food groups, and gain knowledge to make wholesome selections. From there, you'll have the opportunity to apply what you've learned by preparing and savoring nutritious snacks.

Whether it is making a fruit smoothie, slicing apples to pair with a dip, and or adding your favorite fruit or granola to yogurt, developing the skills and the confidence to make your own nutritional snack will be attainable following easy to follow step by step instructions.

### CLASS SCHEDULE

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

#### Fall I- 8 Weeks

9/9, 9/16, 9/23, 9/30,  
10/7, 10/14, 10/21, 10/28

#### Fall II- 7 Weeks

11/4, 11/11, 11/18, 11/25,  
12/2, 12/9, 12/16



### PRICING

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

### REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org).  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org).