

Cooking: Healthy Snack Prep Class

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

Instructor: Erin Vlasak

Learning to prepare your own nutritional snacks can be fun and rewarding! 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 as instructor Erin Vlasak uses her background in nutrition to teach students step by step instructions.

CLASS SCHEDULE

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

Winter I | Monday Schedule | 8 Weeks

1/6, 1/13, 1/20 (OPEN), 1/27,
2/3, 2/10, 2/17, 2/24



PRICING

8 Wks: \$360

REGISTRATION

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