



love + craft
KITCHEN

2022

Corporate Wellness: Virtual Cooking Classes and Workshops

*Engaging Cooking Experiences and Delicious
Recipes for a Healthier Lifestyle*

HELLO

I'm Susan, and I cannot wait to share my virtual cooking experiences with you!



Love + Craft Kitchen, LLC is a boutique virtual cooking school founded by Chef Susan Denzer with a mission of helping others learn to create *delicious, flavorful* cuisine using *nutrient-rich* ingredients in support of a *healthier* lifestyle.

With our **corporate virtual cooking classes and workshops**, Love + Craft Kitchen brings co-workers together in their own homes to cook using ingredients that support

- *overall health and wellness*
- *brain function including productivity, creativity, concentration*



WHY OFFER COOKING CLASSES FOR CORPORATE WELLNESS?

Research from the American Journal of Clinical Nutrition shows workplaces that provide educational sessions on nutrition and health-related topics increase the likelihood of employees **reducing many potentially costly health risk factors**.

In addition, studies show that **actively participating** in health-related cooking classes increases our confidence in the kitchen, ingredient knowledge, eating quality, and cooking frequency making us *healthier, happier, and more productive*.

*"Adequate nutrition can raise your productivity levels by
20% on average."*

- World Health Organization



TESTAMONIALS

*"The cooking classes are so fun
and relaxed and the food is
absolutely delicious! I
appreciated how easy you made it
from the start and really enjoyed
participating."*

- L. M., Portland, OR

*"Thanks for making our event so
special and memorable! Everyone in
our group had a great time and is still
talking about it. We will definitely do
it again."*

- P. A., Minneapolis, MN

COOKING CLASS DETAILS

Our **virtual cooking classes** are fun, engaging, and full of useful information. We focus on selecting nutrient-rich ingredients to cook flavorful, satisfying meals that **support overall health and brain function** and help us feel our best.

In our interactive virtual cooking classes, participants learn about ingredients, knife skills, cooking methods, and techniques while preparing a delicious meal to enjoy when class is complete.

Structure

- Each class is 60-90 minutes
- The delivery platform is Zoom
- A maximum of 16 participants/devices are supported
- Participants will purchase ingredients prior to class

What's Included?

- Event planning
- Class instruction for participants
- Ingredient list and recipes
- Equipment list
- Class information sheet
- Monthly e-newsletter access for further tips, techniques and information for continued support



BONUS E-Book! Includes additional recipes, tips and other helpful information about integrating healthy ingredients in your daily life!

Virtual Cooking Class Pricing

\$800 (minimum) up to 10 devices (participants)

- Add \$75 per additional participant/device up to 16.

QUARTERLY BUNDLE DISCOUNT

- Book any combination of 4 cooking classes and workshops to be delivered once per quarter and receive a 10% discount.

COOKING CLASS ENHANCEMENTS

Choose to provide employees with a specially selected gift box as an optional add-on for an additional fee.

Or, a gift card for use toward the cost of ingredients.



Specialty Gift Boxes

Each box contains 2 - 5 high-quality, specially selected ingredients

- **spices and dried herbs**
- **oil and aged or flavored balsamic vinegar**

LOVE + CRAFT KITCHEN handles ordering for direct delivery to class participants. A lead time of at least 3 weeks prior to the class date is required

Gift Box Pricing (optional add-on)

- \$25 - \$65 per gift box, depending on the class and selection.

Grocery Gift Cards

Provide an Instacart, Amazon Prime, or Visa gift card for use toward the cost of ingredients

Event organizer orders and distributes these gift cards to employees.

WORKSHOP DETAILS

These topic and strategy-focused workshops are another key piece in supporting employees' efforts to prepare meals that support overall health and wellbeing.

In these virtual sessions, participants learn

- meal planning how-to and strategies
- ingredient selection tips and techniques
- ways to more easily get healthier meals on the table after a busy workday

Structure

- Each interactive workshop is 45-60 minutes in length.
 - The delivery platform is Zoom.
 - A maximum of 25 participants / devices per workshop are supported.
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What's Included?

- Interactive workshop presentation
- Workshop materials - workbook, templates, or other materials
- Recipes for the cooking demonstration, when included
- Monthly e-newsletter access for further tips, techniques, and information for continued support
- **BONUS E-Book!** Includes additional recipes, tips, templates, and other information to help integrate cooking healthy meals into everyday life!



Workshop Pricing

\$550 minimum for up to 10 participants

- Add \$25 per additional participant; maximum of participants

QUARTERLY BUNDLE DISCOUNT

- Book any combination of 4 cooking classes and workshops and receive a 10% discount.

CURRENT OFFERINGS

COOKING "EN PAILLOTE" (90-MIN. COOKING CLASSES)

Here's a fun way to jazz up dinner for yourself or for guests - and it's way better than the drive-through! Cooking "en papillote," or "wrapped in paper", may sound complicated but it is actually quite easy to do. (Seafood, vegetarian, vegan options available.)

Learn:

- how to select health-boosting ingredients
- a few knife skills
- "en papillote" cooking method

Menu:

- Fish OR Vegetable en Papillote
- Quick Cook Bulgur or Quinoa

BONUS E-Book *Health-Boosting Dinners*

Optional Gift Box choices:

- Herb and Spice Collection (\$45)
- Oil and Balsamic Collection (\$65)



BUILD A BRAIN-BOOSTING BOWL (90-MIN. COOKING CLASS)

Building a "bowl" is a fun and delicious way to have a complete meal that supports not only good overall health, but provides ingredients that can improve brain function - concentration, creativity, and productivity. (Meat, vegetarian, vegan options available.)

Learn:

- traditional components of a bowl
- selecting health- and brain-boosting ingredients
- practice a few knife skills

Menu:

- Mediterranean Grain Bowl
- Lemon-Herb Tahini Sauce

BONUS E-Book *Build a Healthy, Brain-Boosting Bowl*

Optional Gift Box choices:

- Herb and Spice Collection (\$50)
- Oil and Balsamic Collection (\$60)



THAT'S A WRAP! FRESH SPRING ROLLS (90-MIN. COOKING CLASS)

Wraps are a great way to pack a lot of nutritional punch into our lunches! For this class, we'll use spring roll wrappers and fill them with various brain-boosting ingredients to support brain function and focus. We'll also make a tasty and versatile dipping sauce that is sure to become a favorite. (Seafood, vegetarian, vegan options available.)

Learn:

- how make fresh spring rolls
- about health- and brain-boosting ingredients
- practice a few knife skills

Menu:

- Fresh Spring Rolls with Shrimp or Tofu
- Nut or Seed Butter Dipping Sauce

BONUS E-Book *Brain-Boosting Lunches*

Optional Gift Box:

- Oil and Balsamic Collection (\$60)



GROCERY STORE HELPERS (60 MIN. WORKSHOP)

Presentation + Mini-Cooking Demonstration

We all could use a bit of help in the kitchen from time to time! In this workshop session, we'll learn about

- selecting pre-made food items (aka "Grocery Store Helpers") that provide good nutritional and time-saving value
- key things to look for on food labels
- specific types of foods that are good to have on hand

INCLUDES:

- Presentation
- Mini-Cooking Demonstration
- BONUS E-Book "Grocery-Store Helper" Recipes

FLEXIBLE DINNER PLANNING (60 MIN. WORKSHOP)

Participation Workshop; No Cooking Demonstration

We've all experienced it - that 5 o'clock brain fog when our blood sugar is running low, faced with that daunting question of "What's for dinner?"

In this hands-on planning workshop, we will create a strategy and plan for dinner planning that:

- fits your lifestyle
- supports better health
- benefits your food budget
- saves time

INCLUDES:

- Interactive Workshop
- Dinner Planning Workbook with planning worksheets, information, and tips
- Bonus E-Book "Back Pocket" Recipes



HOW WE WORK TOGETHER

SCHEDULE

a free 30-minute consultation with Chef Susan

CHOOSE

a class or workshop, date, and time

REVIEW, SIGN, BOOK

the proposal and contract; pay the retainer

L+CK PLANNING BEGINS

for class or workshop; optional gift box/gift card
ORDERING deadlines

DISTRIBUTE

Event organizer distributes class materials, Zoom
link to participants

EVENT DAY!

Final payment is due 5 days prior to event.



LET'S TALK!

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