



love + craft

KITCHEN

2022

Corporate Wellness: In-Person Cooking Demonstrations and Workshops

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

HELLO

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



Love + Craft Kitchen, LLC is a boutique 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.

Bring Love + Craft Kitchen to your location!

With our **in-person corporate cooking demonstrations and workshops**, we'll come to you to share information with your employees or group about cooking with ingredients that support

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

**Current in-person classes offered within a 15 mile radius of downtown Raleigh NC.*



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 DEMONSTRATION DETAILS

Our **in-person cooking demonstrations** 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 these classes, participants learn about ingredients, cooking methods, and techniques while observing the preparation of the recipe(s). Samples are provided for participants to enjoy at the end of the class.

Structure

- Each class is approximately 60 minutes in length.
- They are in-person, instructor demonstration classes; some participation may be included depending on the topic.
- There is a maximum of 20 participants per class.

What's Included?

- Event planning
- Ingredients and shopping
- Class preparation
- Transport to your location
- Class instruction for participants
- Recipe samples
- Recipe(s) for foods prepared in class
- 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!

Cooking Demonstration Pricing

\$900 for up to 10 participants

- Add \$55 per person up to a maximum of 20 participants

QUARTERLY BUNDLE DISCOUNT

- Book any combination of 4 cooking demonstrations and workshops to be delivered once per quarter and receive a 5% discount.

WORKSHOP DETAILS

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

In these in-person 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 approximately 60 minutes in length.
 - The workshops are delivered in person with a PowerPoint presentation; a workbook or other supporting materials are included.
 - There is a maximum of 20 participants per workshop.
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What's Included?

- Interactive workshop presentation
- Workshop materials - workbook, templates, or other supporting 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 recipes, tips, templates, and other information to help integrate cooking healthy meals into everyday life!



Workshop Pricing

\$650 for up to 10 participants

- + \$35 per additional attendee; maximum of 20 participants

QUARTERLY BUNDLE DISCOUNT

- Book any combination of 4 cooking classes and workshops and receive a 5% discount.

CURRENT OFFERINGS

BUILD A BRAIN-BOOSTING BOWL

60-MIN. COOKING DEMONSTRATION

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
- food prep and cooking tips and techniques

Menu:

- Mediterranean Grain Bowl
- Cucumber-Herb Sauce

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



THAT'S A WRAP! FRESH SPRING ROLLS

60-MIN. COOKING DEMONSTRATION

Wraps are a great way to pack a lot of nutritional punch into our lunches! In this session, we will learn how to fill spring roll wrappers with various brain-boosting ingredients that support brain function and focus. I will 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
- food prep and cooking tips and techniques

Menu:

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

BONUS E-Book: *Brain-Boosting Lunches*



ENERGY-BOOSTING SNACKS: ROASTED RED PEPPER CASHEW CHEESE SPREAD

60-MIN. COOKING DEMONSTRATION

Move over traditional hummus, here comes Roasted Red Pepper Cashew Cheese Spread! This surprising spread is very versatile - the sky's the limit as far as flavor variations and uses. It's so delicious, AND it's a great energy-boosting snack! It may very well become a new favorite in your house. (Vegetarian, Vegan; non-dairy)

Learn:

- how to make Cashew Cheese Spread
- selecting health- and brain-boosting ingredients
- food prep and cooking tips and techniques

Menu:

- Roasted Red Pepper Cashew Cheese Spread served with fresh veggies and whole grain crackers

BONUS E-Book: *Energy-Boosting Snacks*



SAUCE IT UP! EASY AND FLAVORFUL FINISHING SAUCES

60-MIN. COOKING DEMONSTRATION

Finishing sauces are a great way to jazz up plain meat, fish, seafood, and vegetables. By choosing health- and brain-boosting ingredients, finishing sauces not only add flavor and texture but increase the nutrients in our meals. And, as an added bonus, many can be prepared by mixing ingredients in a bowl, blender or food processor - no cooking required! (some dairy, vegetarian, vegan)

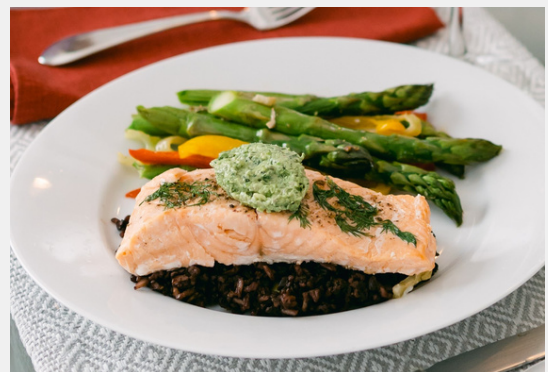
Learn:

- how to make two delicious sauces
- about health- and brain-boosting ingredients
- food prep and cooking tips and techniques

Menu:

- Green Goddess Sauce
- Sunflower Seed Butter Sauce

BONUS E-Book: *Flavorful and Easy Finishing Sauces*



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 cooking demo or workshop, date, and time

REVIEW, SIGN, BOOK

review and sign the proposal and contract; pay the deposit or full fee; class is booked!

L+CK PLANNING BEGINS

for cooking demo or workshop; any necessary materials sent to event organizer by email prior to event date.

CLASS REGISTRATION

The event organizer handles class registration details; confirms registration number with L+CK 3 days prior to event

EVENT DAY!

L+CK arrives 60 - 90 minutes prior to event start time for set up. (Any final balance is due 5 days prior to the event.)



LET'S TALK!

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