The program consists of six 2 hour sessions, one time per week for 3 weeks. Food information will be introduced that can help you start to feel better. You will create and share meals together and learn food lifestyle changes from the techniques of a nutrition consultant. You will learn how to cook meals from a professional chef. Healthy, simple and inexpensive recipes will be introduced. All activities are designed to modify behavior and teach nutritional techniques that can be used for the rest of your life.

12-15 PARTICIPANTS PER GROUP

We will give you $20 for travel and the ingredients of the meal to take home after each session

Thank you: Overwatch Alliance, Whole Foods Market, Chobani, PFG Metro New York Food Service, Badia Spices