



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Healthy Living Kitchen Cooking Classes

## January



Nutrition is at the heart of a healthy lifestyle. It affects our energy, our stress, the impact of exercise and our ability to think clearly. But all too many don't know where to start. The Y is here to help!

Cooking classes will give you (and your family) an opportunity to learn from nutritionists and health/wellness professionals that are excited to share how food can be used to benefit your body. Our certified cooking facilitators will guide the class through the preparation of a full meal, with the option for participants to assist in prepping the food. You'll leave the class with a small sample of food you learned to prepare and the recipes used during class for reference.

Whether you're looking for a unique date night, girl's night out, a better understanding of nutrition or more freedom and confidence in the kitchen, our cooking classes are just the answer.

**Registration is required.**

### Prices

\$10 member, \$15 non-member

### Class Schedule

#### **WINTER COMFORT FOOD: MAC AND CHEESE WITH HARVEST SALAD**

Wednesday, January 16 | 6-7pm  
Appropriate for ages 15-up

#### **PANCAKE BREAKFAST : OATMEAL PANCAKES WITH COOKED CINNAMON APPLES**

Saturday, January 19 | 11-Noon  
Appropriate for all ages

Register Online: [www.ymcamn.org/midwaykitchen](http://www.ymcamn.org/midwaykitchen)