

Master My Kitchen at Midway YMCA

Discover your inner chef with this fun and interactive cooking series!

This hands-on cooking experience will give participants nutritional knowledge and confidence in the kitchen. Participants work together to build cooking skills and create simple, healthy meals. An expert chef and dietitian lead participants through this course.

The 8-week course will cover a variety of topics:

- How to make cooking convenient for you and your family.
- Planning and prepping meals.
- Introduction to basic kitchen skills and classic cooking techniques.
- The foundations of flavor and how to use them to enhance any dish.
- How to use fresh, seasonal produce in your cooking.
- How to work with proteins.

Who should attend?

The course is open to anyone, age 15 and older, who is interested in gaining kitchen skills to lead a healthier lifestyle. Menus are adaptable to specific dietary needs.

In partnership with:



Upcoming course

Classes are Tuesdays, July 9-Aug. 27, 6-8 p.m.
St. Paul Midway YMCA
1761 University Ave., St. Paul, MN 55104

Course fee is only \$59

Thanks to our sponsors Fairview and YMCA, participants receive a discounted rate (retail value is \$350).

*Free childcare available at the YMCA

Register today — deadline is July 2

Register: <https://mmkymca.eventbrite.com>

Password: MMKYMCA

To learn more, contact Kate at:

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