



BACK to the BASICS

Back to the Basics is a 6-week, cooking and nutrition group class held in the Teaching Kitchen of the River People Health Center.

Participants get to learn basic cooking skills through hands-on recipe preparation, while learning and talking about the basics of nutrition science.



**Classes will be held from 5:30-7:00PM
in the RPHC Teaching Kitchen**

July 9th

Knife Safety and Measurements -- Chopped Salad and Roasted Squash and Wild Rice Bowl

July 16th

Food Safety and Fresh, Frozen, Canned Produce -- Spinach Dip and Mac n' Veggies

July 23rd

Healthy Fats -- Baked Beans and Broccoli Salad

July 30th

Nutrition Label and Dried Beans -- Crunchy Potatoes with Carrots and Chuck Roast

August 6th

Meal Planning -- Pozole and Breakfast Sandwiches

August 13th

Food Storage -- Celebration Dinner



Call 480-362-3355 to reserve your space!