



Culinary grief therapy

Introduction to Cooking for One | September 3, 6 – 8 pm

In this introductory series, we will focus on weekly meal planning, which will prepare you for cooking for one at home. You'll learn techniques and recipes that will redefine the joys and happiness of cooking – even if it is just for one. After the demonstration, you will be able to taste the prepared meals and a recipe booklet will be distributed as a guide to follow and assist you with weekly meal planning at home. RSVP by August 27.

Cooking Support Club – Ancient Grains | September 24, 6 – 8 pm

Ancient grains, such as quinoa, teff, farro, and amaranth, can be used in soups, salads, or paired with a chili or stir-fry, like rice. Grains are a wonderful tool in cooking for one because of their nutritive value and the versatility they bring to your meals! Join us as we go over different varieties of grains, their uses, and try them out in delicious recipes. As always bring your questions and your appetite! This Cooking Support Club Series is for individuals who have participated in the Cooking for One workshops and are now looking for a social cooking group to practice the skills developed through chef guided recipes. RSVP by September 17.

Introduction to Cooking for One | October 8, 6 – 8 pm

In this introductory series, we will focus on weekly meal planning, which will prepare you for cooking for one at home. You'll learn techniques and recipes that will redefine the joys and happiness of cooking – even if it is just for one. After the demonstration, you will be able to taste the prepared meals and a recipe booklet will be distributed as a guide to follow and assist you with weekly meal planning at home. RSVP by October 1.

Meal Planning & Grieving During the Holidays | November 12, 6 – 8 pm

In this workshop, we'll focus on holiday meal planning that will help make cooking during the holiday season less stressful and more fun. You'll learn healthy coping techniques and strategic tips for grieving during the holiday season. RSVP by November 5.

Cooking Support Club – Baking for One | November 19, 6 – 8 pm

This Cooking Support Club Series aims to satisfy your sweet tooth! Baking for One will help demystify baking techniques as well as give you easy to make recipes that don't require a million ingredients, a ton of time or leave you with more than you need. This Cooking Support Club Series is for individuals who have participated in the Cooking for One workshops and are now looking for a social cooking group to practice the skills developed through chef guided recipes. RSVP by November 12.

Holiday Cookie Exchange | December 7, 11 – 1 pm

If the thought of baking during the holidays has been weighing you down, join us for a group baking party with live instruction from professional chefs followed by a prepared lunch and cookie exchange! As a treat, we'll collect your favorite holiday recipes to share in a memoir booklet in honor of your loved one. Please email your loved one's favorite holiday recipe, a holiday memory, and a photo to Heather.Nickrand@amitahealth.org by November 29.