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Made From Scratch Series: Summertime Family Meals from Your Pantry and Farmer's Market

The Made from Scratch series focuses on education and a small class size. Every class begins with an interactive discussion with a local nutrition expert that will include practical, healthy tips for both kids and adults. The class also includes live demos by the Tom Douglas Restaurants chefs, a 'healthy slurp' station, a behind-the-scenes restaurant tour and hands-on cooking where students prepare lunch for the class to enjoy together. This curriculum repeats for 3 classes, and then the theme changes. Past themes include, 'Building a Healthy Pantry' and 'Foods from a Farmer's Market.' Students will leave with a binder filled with excellent resources, including several recipes to try at home.

Cost: \$40/adults \$25/kids (suggested age 7+)

Location and Time: Palace Kitchen 11 a.m. – 1:00 p.m.

Remaining classes in the Fall series: October 9th November 13th

Class Theme: Heart-healthy and diabetic-friendly meals

For more information and to get on the reservation/waiting list email madefromscratch@tomdouglas.com.

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