

## HEALTHY COOKING CLASS (JUST FOR FUN)

Nothing brings people together quite like the way food does. Treat your clients to an unforgettable cooking class experience. This event is all about rolling up your sleeves and learning how to prepare healthy, delicious food to keep you in optimum health. Your guests will enjoy this unique experience while learning practical cooking tips and enjoying the meal they prepare with their newfound friends. This event can be held in the comfort of your own home, or you can schedule it at a local cooking school or restaurant. Either way, people are going to love you for coordinating it. Not to mention, they may decide they need a bigger kitchen (which you can probably help them with).

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### WHO TO INVITE

Cooking classes are appealing to people of all ages and skill levels. You don't need to be a gourmet cook to come. In fact, if your guests lack in the cooking department, they'll appreciate the opportunity to learn skills that they can use in the years ahead.

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### TIMING

A healthy cooking class can be held anytime of the year. However, you may want to consider months when people are more focused on making healthy choices. January is a great time because people are setting their New Year's resolutions which often includes diet and exercise. Or consider hosting in August when it's National Wellness Month.

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### VENUE

A cooking class offers the flexibility to host where it's convenient for you. You can hire a chef to teach from the comfort of your own home or have it at a local cooking school or restaurant. If you decide to host the event at your house, consider hiring a company that will bring the party to you. That way, you don't need to worry about grocery shopping and having all the proper supplies.

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### AGENDA

When you have a plan ahead of time, everything runs more smoothly. Consider running your event in this order.

1. Meet and Greet
2. Icebreaker
3. Introduction of Menu/Assign Cooking Partners & Stations
4. Meal Preparation
5. Bon Appetit
6. Thank You for Coming

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### WHAT YOU NEED

#### Supplies

- ☐ Aprons (consider ordering personalized aprons)
- ☐ Recipe cards (for the meal they prepared)
- ☐ Takeout containers (for leftovers)
- ☐ Sound system/speaker
- ☐ Beverages (to be determined by chef)
- ☐ Camera or phone (for taking pictures)

# Awkward Agent®

## Food & Drink

Whether you host the event at home or at a local cooking school or restaurant, the chef will handle grocery shopping and providing all cooking supplies. However, it's likely you'll need to provide your own drinks. Ask the chef for recommendations for beverages to serve with the meal. Also make sure you have non-alcoholic options for your guests on hand.

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### GOOD VIBES ONLY

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## Icebreaker

When you show up at a party and don't know anyone, it can feel awkward. Help your guests out by incorporating an icebreaker that will allow them to get to know each other. This will also help put them in the proper mindset for cooking. Ask everyone to introduce themselves and share what they like to cook at home.

## Music

It's always more fun to cook when there's good music playing in the background. Put together a playlist or select a Pandora station with songs that will inspire the whole crew. Turn the heat up by picking songs that are full of energy and attitude.

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### HELPFUL TIPS

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## Get the Word Out

We recommend advertising your event with the following:

- ☐ "Save the Date" card
- ☐ Invitation
- ☐ Email
- ☐ Text messages
- ☐ Personal phone calls

## Collateral

Further promote your personal brand with the following:

- ☐ Branded recipe cards
- ☐ Branded and personalized aprons
- ☐ Wine labels
- ☐ Beer bottle labels
- ☐ Water bottle labels
- ☐ Coffee sleeves
- ☐ Stickers (for takeout containers)
- ☐ Thank You cards
- ☐ Post event pictures on social media with shout outs

Also be sure to check out our [Party Planning Checklist](#) to make sure you have all your bases covered.