

Preparing Healthy Meals with Limited Space, Money and Time: A 4-Part Nutrition and Cooking Class Train the Trainer Series

Part 1. Setting Up an Effective Cooking Demonstration Space

Workshop Title: Mastering the Art of Cooking Demonstrations: Adapting Any Space with Limited Supplies

Date: December 4, 2024

Time: 11a-12:30p

Workshop Overview: Unlock the secrets to creating engaging and professional cooking demonstrations in any setting! This hands-on Train the Trainer workshop is designed for educators, health care providers, and other professionals who want to learn how to set up a cooking demonstration space that showcases culinary skills, regardless of the available resources.



Workshop Objectives:

- Learn to set up a functional and visually appealing cooking demonstration space with minimal supplies.
- Adapt your demonstration setup to fit any environment, from kitchens to conference rooms.
- Master the techniques to engage and educate your audience effectively.

Outcome: By the end of this workshop, you will have the confidence and skills to set up a professional and engaging cooking demonstration space anywhere, with limited supplies, ensuring your culinary presentations are always a hit!

Where: virtual (Zoom link)

What to bring/have on hand: For virtual participants: Recipe/shopping list will be sent to participants 1 week prior the class with instructions. Buying items on the recipe list is an optional component, though participation will allow you to cook alongside the presenter.

Presenter: Leah Pryor, Executive Chef Manager and Co-Founder of the Culinary Medicine Program, UVM Medical Center

Part 2. Cooking on a Budget

Workshop Title: Mastering Budget-Friendly Cooking with Canned, Frozen, and Fresh Produce

Date: January 15, 2025

Time: 11a-12:30p

Workshop Overview: Equip yourself with the knowledge and skills to teach others how to create delicious, nutritious meals on a budget. This Train the Trainer workshop is designed for educators, health care providers and other professionals who want to learn and share strategies for cooking with affordable ingredients, including canned, frozen, and fresh produce. Discover how to maximize flavor using essential herbs and seasonings and transform simple ingredients into gourmet meals.



Workshop Objectives:

- Learn to prepare budget-friendly meals using a mix of canned, frozen, and fresh produce.
- Master techniques to enhance flavor with top five herbs and seasonings.
- Develop skills to teach others how to cook economically without compromising on taste and nutrition.

Outcome: By the end of this workshop, not only will you have dinner ready for your family, but you will have the expertise to teach others how to cook delicious, budget-friendly meals using a variety of ingredients. You'll leave with a toolkit of recipes, flavor-enhancing techniques, and teaching strategies that will empower your students to cook economically and healthily.

Where: Virtual

What to have on hand: Recipe/shopping list will be sent to participants 1 week prior the class with instructions. Buying items on the recipe list is an optional component, though participation will allow you to cook alongside the presenter.

Presenter: Leah Pryor, Executive Chef Manager and Co-Founder of the Culinary Medicine Program, UVM Medical Center

Part 3 The Burden of Time

Workshop Title: Efficient Strategies for Quick, Healthy, and Prepared Meals

Date: February 12, 2025

Time: 11a-12:30p

Workshop Overview: Learn to teach others the art of cooking efficiently in a world where time is a precious commodity. This Train the Trainer workshop is designed for educators, health providers and other professionals who want to help individuals and families prepare healthy meals and snacks despite their busy schedules. Discover time-saving techniques, advance preparation methods, and quick recipes that make nutritious eating achievable for everyone.



Workshop Objectives:

- Understand the concept of time poverty and its impact on healthy eating habits.
- Learn and teach strategies for quick meal preparation and advance planning.
- Master techniques to prepare healthy snacks that fit into a busy lifestyle.

Outcome: By the end of this workshop, you will have prepared a healthy snack in addition to the skills and confidence to teach others how to prepare healthy meals and snacks despite time limitations. You'll leave with a collection of quick recipes, meal prep strategies, and teaching methods that will promote eating well, even on the busiest days.

Where: Virtual

What to have on hand: Recipe/shopping list will be sent to participants 1 week prior the class with instructions. Buying items on the recipe list is an optional component, though participation will allow you to cook alongside the presenter.

Presenter: Leah Pryor, Executive Chef Manager and Co-Founder of the Culinary Medicine Program, UVM Medical Center

Part 4. Putting it All Together – Nutrition Education You Can Use

Date: March 12, 2025

Time: 11a-12:30p

Workshop Overview: A 90-minute virtual workshop, that includes nutrition education outlining the impacts of chronic disease (i.e. hypertension, diabetes) and nutrition information to help address diet-related chronic disease. The second portion would include interactive recipe modifications in breakout groups that illustrates and reinforces the nutrition information presented prior. This workshop would help ground the practicalities of cooking/eating healthfully in the *why* and *how- why* this is important and *how* we can talk to clients about this topic.



Outcome: Participants will gain a deeper understanding of the relationship between nutrition and chronic diseases such as hypertension and diabetes. They will also acquire practical skills in modifying recipes to align with dietary recommendations for managing chronic conditions.

Where: Virtual

Presenter: Maire Folan, MS RDN, Nutrition Education Director, UVM Extension