



## FREE COOKING CLASSES at BMC!

BMC Nutrition Resource Center, Food Demonstration Kitchen

[www.bmc.org/programs/food-demonstration-kitchen](http://www.bmc.org/programs/food-demonstration-kitchen)

Classes are offered to BMC patients, their caregivers, and staff



**4 for \$10:** Healthy cooking class for people on a budget. Learn how to prepare a meal for a family of four for only \$10. Easy, quick and inexpensive!

**Adult Day Health Program:** BMC's Margaret H. O'Shea Adult Day Health Program provides support for frail, at-risk elderly and disabled adults.

**Bariatric Weight Loss Surgery Prep:** Before undergoing weight-loss surgery you want to be ready. Learn about the 4 diet stages for weight-loss surgery and meet others considering surgery. Sponsored by the BMC Bariatric Weight-Loss Surgery Team.

**Bariatric Food for Life:** Learn how to maintain your weight loss after bariatric weight loss surgery by preparing healthy meals and tips on how to manage the new you.

**Cancer Survivors!:** Class focuses on nutrition to help someone during treatment and recovery to feel better, maintain their energy, recover more quickly, and stay stronger.

**Cooking for Recovery:** Healing the body and mind with targeted nutrition support for Substance Use Disorder.

**Cooking Skills 101:** Whether you are a novice or proficient cook this class teaches basic skills that will help you navigate the kitchen with ease and speed. From the perfect diced onion to homemade pasta, you can build the confidence to make anything!

**Healthy Hearts:** Discover ways reduce the risk of cardiac disease and stroke by cooking with healthy fats and less salt without sacrificing taste. For patients with high blood pressure, obesity, or high cholesterol.

**Diabetic Cooking Essentials:** Eating healthful meals is an essential part of managing diabetes. Learn how to prepare delicious "diabetic-friendly" meals for yourself or a loved one with diabetes.

**Family Fun with Food:** Bring the kids (age 3-11) to the Demo Kitchen & learn how to prepare healthy meals the whole family will love.

**Guest Programming:** Each month the Demo Kitchen will open its glass wall to invite guest chefs, and food enthusiasts to present a culinary demonstration.

**IRON CHEF Challenge:** Here is a chance for BMC staff members to show off their inner chef in a friendly team building cooking competition. Challenge another department or create teams within your own department. Teams are judged on their final creations. Contact Tracey Burg to schedule an event 4-3840

**Morrison Superfood Table:** Free samples highlighting the Superfood of the Month from the cafeteria. Schedule subject to change.

**Pediatric Super Snack Station:** Children and their caretakers get an opportunity to make a healthy snack while waiting for their doctor visit.

**SNAAC (Student Nutrition Awareness and Action Council):** Boston University medical students learn how "culinary medicine" can improve overall health in this hands-on cooking class.

**SNAP! Healthy Home Cooking:** Learn the skills to be self-sufficient in the kitchen using nutritional, budget-friendly ingredients.

**Staff Wellness:** Classes include utilizing local produce, seasonal specialties, and holiday recipes. Stop in and bring a co-worker.

**SPARK (Supporting Parents and Resilient Kids)** – BMC affiliated child day care center for at-risk children.

**SUPER Kids:** Kids ages 10-16 and their families are encouraged to **Shape UP** and **Eat Right** (SUPER) in this interactive cooking class.

**Weight Management:** Maintain weight loss goals by preparing healthy meals that are delicious and satisfying using whole grains, fruits, vegetables, and lean protein.

**WIC – Family Health:** Women, Infants, and Children pilot program, The Good Food Project, for participating families.

**Wonderful People with Disabilities:** Patients and caregivers learn how to cook using specialized cooking tools and techniques.

**In the event the City of Boston declares a "Weather Emergency" classes will be canceled**  
For more information contact Tracey Burg, Chef/RD, at 617-414-3840 or [tracey.burg@bmc.org](mailto:tracey.burg@bmc.org)