

THE GOURMET TOUCH

PRIVATE CHEF SERVICES



Nutrition is a major determinant of health as well as a factor in many common chronic diseases. Proper education & insight brings an understanding of the role food in health, and can show how making appropriate changes in one's diet can have powerful effects on overall health & wellness throughout life.

It is Chef Jason's mission to empower people with the knowledge and confidence needed to live their healthiest and happiest lives as it pertains to food & food resourcefulness. Our hope is to create a program or partner with organizations for corporate lunch and learns, community resource & food education, or group/ministry activity benefits the needs of all participants.

Includes: 30min up to 1hr 30min of recipe demonstration and cooking skills/tips, recipes for all participants, tasting of prepared recipes at end of demo, questions & answers. Also, have the option of providing a licensed dietician for greater health knowledge and expertise.

Objectives/Opportunities

- Educate attendees about different foods, ingredients, cooking techniques, and nutrition.
- Equip attendees with recipes that are low cost and healthy, as well as provide valuable resources for food preparation, food budgeting, use of pantry items, etc..
- Empower attendees with nutrition/healthy food education that will speak to their health issues and the correlation of food and their wellness.
- Inspire & encourage attendees to cook more fresh foods at home, while creating sense of family & communal atmosphere.
- Promote an environment for attendees to connect with other people with similar interest or issues. This brings about the sense of community & the ability to interact and create new relationships or bonds that benefit emotional and mental wellness.