

General Course Highlights:

- Participants of the class are often individuals who are looking to develop cooking skills. Others have some skills already, but want to learn more about making healthy eating choices and join in community with others.
- Each participant will create delicious dishes based on recipes provided while working at a cooking station.
- We reserve the last 30 minutes of each class to sit down and eat together. Sometimes this is what you made in class, sometimes what the instructor made. Either way, this is an opportunity to sit down and have community time together.
- You will take home a small bag of groceries at the end of class.
- In a typical class, participants prepare items such as black bean quesadillas, pasta with homemade sauce, salads and homemade dressing, make your own personal pizza, desserts, soups and stews, lentil tacos, granola, enchiladas, whole wheat pancakes and more.
- These classes are designed to teach you the following:
 - Healthy eating tips and tricks
 - How to cook on a limited budget and/or with foods from your local food bank
 - How to cook using a recipe
 - Knife and basic preparation skills
- All tools and equipment for classes are provided.
- Group instruction is given by a trained Second Harvest Nutrition Educator.
- Everyone is welcome in The Kitchen. We are here to serve people of all ages, backgrounds, abilities and incomes.

Eligibility & Requirements:

- Participants should be eligible to receive Basic Food/SNAP benefits.
- Adults (ages 18+)
 - Looking for youth cooking opportunities? Check our calendar for classes reserved for families!
- You must register for a free class by clicking the register button on the bottom of the class page.
- Wear closed-toed shoes and dress appropriately for a hot kitchen environment.
- Be able to work independently in a semi-supervised environment with group instruction. For those with physical limitations please call ahead to discuss arrangements.
- Please limit the number of classes you sign up for to two per month. If you need to cancel a class, it needs to be done 48 hours (2 days) prior to the class and done so via email or phone message.
- Bring containers to take home any extra food.

Location:

- The Kitchen at Second Harvest, 1234 E Front Ave, Spokane, WA 99202
 - a. [Map to Second Harvest](#)

- Second Harvest has its own free parking lot directly in front of the building as well as
- Please arrive to class 10 minutes early if possible and enter the main lobby at the East end of the Second Harvest parking lot.

Questions:

- Call or email Melissa at 509-252-6261 or melissa.johnson@2-harvest.org

FAQs

- What is The Kitchen at Second Harvest?
 - The Kitchen at Second Harvest provides nutrition information, scratch cooking skills, budgeting, and more. A variety of community cooking and food literacy classes are available through The Kitchen at Second Harvest. These sessions emphasize preparation of scratch-cooked, whole food, seasonal and affordable foods aimed at lasting dietary changes. Our goal is to help our cooks build healthy habits and make better food choices that improve their nutrition while reducing the incidence of diet-related chronic illness.
- How long are your cooking classes?
 - Our classes are between 1.5 and 3 hours long depending on the class.
- How do I sign up for a class?
 - You will be able to sign up on line for various cooking classes by clicking on an event that shows spots available, and then clicking the “register” button. Please sign up for classes well in advance as they fill quickly.
 - Registration will open two weeks prior to class date.
- Do you have a waitlist?
 - Yes, we do keep waitlists for our classes. Please email the contact person shown on the description of the class you are interested in. Tell us which class you would like to be waitlisted on and how best to contact you. If a spot becomes available you will be contacted to fill the spot.
- What should I wear while in the kitchen?
 - Closed-toed shoes are mandatory. Please tie long hair back.
- What if I need to cancel my registration?
 - Please call the person listed on the event registration page within 48 hours to cancel your registration. The sooner you cancel the better so we are able to fill your spot. If it is last minute and you are not able to attend, please call us so we are aware.
- What if I have food allergies?
 - We will try to avoid common food allergies, however, our kitchen facility is accessible through the warehouse and we have an open prep kitchen where all types of food products are used. For those reasons we are unable to guarantee everything we use is completely allergy free.