

1. What is The Kitchen at Second Harvest?
  - a. 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.
2. How long are your cooking classes?
  - a. Our classes are between 1.5 and 3 hours long depending on the class.
3. How do I get there and is there parking?
  - a. [Map to Second Harvest](#)
  - b. Second Harvest has its own free parking lot directly in front of the building as well as plenty of street parking.
4. How do I sign up for a class?
  - a. Please visit our kitchen events calendar on our website: <https://secondharvestkitchen.org/classes-events/>
  - b. You will be able to sign up on line for various cooking classes and events by clicking on an event that shows spots available, and then clicking the “register” button. Please sign up for classes and events well in advance as they fill quickly.
5. Do you have a waitlist?
  - a. Yes, we do keep waitlists for our classes and events. Please email the contact person shown on the description of the event 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.
6. What should I wear while in the kitchen?
  - a. Closed-toed shoes are mandatory. Please tie long hair back.
7. What if I need to cancel my registration?
  - a. Please call the person listed on the event registration page within 72 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.
  - b. **For paid classes:** Due to staff time and purchasing of product we are unable to reimburse payment upon cancellation within 72 hours. Also, we are no longer able to move cancellations to future classes. If you need to cancel please do so with at least 72 by calling Emily at 509-252-6249.
8. What is the age limit for your classes?
  - a. Our adult hands-on cooking classes have an age minimum of 18 years old. Our family classes have an age minimum of fifth grade and up or 10 years old with parent or guardian. We do offer different types of accommodations for those underage. Call Emily for more info 509-252-6249
9. What if I have food allergies?
  - a. 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.
10. Why do some classes cost money while others are free?
  - a. Your financial support of Second Harvest cooking classes allows our neighbors experiencing hardship to also enjoy a fun, kitchen learning experience at no cost. It's a

win-win; you enjoy a hands-on culinary adventure and help move others from hunger to health!

11. Who is eligible to take a free cooking class?

- a. Free hands-on cooking classes in our kitchen teach low-income families and individuals how to prepare nutritious meals while making optimal use of their limited resources. A proof of income is not required for free classes, but please reserve these spots for people who need income assistance whenever possible. Many ingredients used are low cost or frequently available from neighborhood food banks.

12. How do I know what we will be making in the class?

- a. Keep an eye on our calendar to find specific classes. We try to post a detailed class description one month in advance. If you have questions about a specific class, please contact us: <https://secondharvestkitchen.org/contact/>