

# Cooking & Nutrition Education for Clients

Take advantage of the opportunity to offer  
**COOKING & NUTRITION EDUCATION on-site!**

## Client Experience

- Simple, budget-friendly recipes
- How to prepare fresh fruits and vegetables
- Cooking is FUN!
- Delicious recipes
- Diabetic and heart-friendly recipes
- Q&A with chef



Photo credit: Food Bank of Northwest Indiana

## What we bring:

- Chef
- Supplies, table, ingredients, recipe

## What we need from you:

- Clients! We will set-up during distribution time.
- Space, inside or outside



Photo credit: Orangevale Food Bank

**Contact Chef Terah today to schedule!**

Chef Terah Barrios, Nutrition Educator

407-514-1057

tbarrios@feedhopenow.org

