

## Beginners Level Cooking (Let's Cook!)

**Monday | 2:00 PM - 3:50 PM**

**In-person limited at BUE Studio, 35 W Main Street, Smithtown NY**

Instructor: Erin Vlasak

Second section added! Due to popular demand, Erin will now be offering a second time slot for this class on Mondays. In person enrollment is limited, however, a few spots for zoom only will also be open. In this class, you'll learn essential cooking skills and techniques tailored to beginners. From acquiring basic chopping skills, following recipes and developing a better understanding of kitchen safety protocols, Nutritionist Erin Vlasak will guide students through each step. Students will also discover the art of cooking delicious and nutritious meals that won't break the bank.

Helpful tips such as researching local grocery store flyers, using coupons and building nutritionally whole meals with savings in mind will be integrated into weekly lessons. Throughout this class, students can expect to develop their meal prep confidence, along with fundamental cooking skills and how to integrate nutritional awareness and healthy food choices within every meal.

### CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

**Spring II | Monday Schedule | 8 Weeks**

5/5, 5/12, 5/19, 5/26-CLOSED), 6/2, 6/9, 6/16,  
6/23, 6/30



### PRICING

8 classes at \$80 per class

### REGISTRATION

To register, email:  
chawkins@buexperience.org  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org)