

Beginners Level Cooking (Let's Cook!)

FRIDAYS | 11:00-12:50 PM | INSTRUCTOR: CHRISTINA CAPEZZA

**IN-PERSON ONLY AT BUE STUDIO: 35 W. MAIN STREET, SMITHTOWN, NY
SEPTEMBER-DECEMBER 2025**

In this in-person only interactive 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, Christina will use her background in Cooking, healthy meal creating and as a certified Suffolk County Food Handler to teach students this informative class. 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

Fridays Fall I September-October &

Fall II November-December 2025

**Fall I: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17,
10/24, 10/31**

**Fall II: 11/7, 11/14, 11/21, 11/28, 12/5, 12/2, 12/19,
12/26-CLOSED**



PRICING

**\$90/class-
all materials included**

REGISTRATION

To register, email:
chawkins@buexperience.org
More info at www.abcommunityclasses.org