

Beginners Level Cooking (Lets Cook!)

WEDNESDAYS | 11:00-12:50 PM | INSTRUCTORS: ERIN VLASAK & 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, 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

**Wednesdays Fall I September-October &
Fall II November-December 2025**

Fall I: 9/3, 9/10, 9/17, 9/24

10/1, 10/8, 10/15, 10/22, 10/29

Fall II: 11/5, 11/12, 11/19, 11/26

**12/3, 12/10, 12/17, 12/24-CLOSED-Christmas
eve, 12/31-CLOSED-New Years Eve**



PRICING

\$90/class-
all materials included

REGISTRATION

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