

THE Cooking Studio

FORT COLLINS

Virtual Teams and Workshops

In a world where working from home has become normalized, eating well should be easy, right? Then why does it seem so hard? How do you recalibrate the flow of your day to include cooking and eating something beyond the old eat-at-your-desk peanut butter sandwich? You do it by learning simple cooking techniques from the pros.

In these virtual classes we teach your team simple cooking techniques, using fresh foods and uncomplicated ingredients. Your team will create delicious dishes made from scratch in their own kitchens. People who aren't comfortable sharing their kitchen experience, can participate by watching and encouraging their colleagues.

Team Building: 2 – 15 people

1. Classes last 1 to 1 ½ hrs
2. Classes can include up to 12 sites, all participating from their kitchens. It's fine to have multiple people joining
3. Menus are sent out ahead of time for you to choose for your event. Be sure to take into account food allergies/preferences when choosing.
4. Once you confirm your date, we build the class for you and send you the link to register and pay for your group. You will be responsible for sending out the Prep list (groceries & equipment needed) and also the reminder email with the zoom link.

Number attending	Price	Included
0 – 8 people	\$200	Virtual Chef Instructor, choice of 1 – 3 dishes to make, list of ingredients/equipment needed, recipes
9 -12 people	\$25 per site	Private class, Team Building &/or Team Competition

Workshops: up to 100 people

In this breakout session, learn from an Executive Chef who understands the ROI of cooking: how to get the most deliciousness for the least amount of effort!

Our Professional Chef interactively guides 6 – 10 of your colleagues through preparing delicious, fresh, home cooked food. You'll see culinary tricks that Chefs use, watch as ordinary cooks from your company try them out, learn from their mistakes, be able to ask questions about substitutions or equipment, and anyone in the workshop can follow along and cook from their own kitchen if they want.

Menus are sent out ahead of time for you to choose for your event. Be sure to take into account food allergies/preferences when choosing.

Once you confirm your date, we build the class for you and send you the link to register and pay for your group. You will be responsible for sending out the Prep list (groceries & equipment needed) and also the reminder e-mail with the zoom link.

Price: \$400 per workshop (1.5 hr session)

For more information: trish@the-cooking-studio.com 970-999-5179