Crêpe Class
$30 per person

Groups of 4 prepare batter and cook off crêpes.  
**Duration:** 1-1.5 hours  
**Hands on:** mixing crêpe batter, cooking crêpes, filling crêpes  
**Option:** sweet and/or savory fillings and sauces  
**What you’ll eat:** a snack or dessert / meal with optional savory fillings  
**Great for:** groups not interested in a lot of cooking and a shorter class to accompany a meeting

Quinoa Class
$40 per person

Each group of 4 prepares a quinoa-based recipe (cold salad, soup, burgers, dessert)  
**Duration:** 2 hours  
**Hands on:** knife skills (cutting vegetables), mixing and seasoning ingredients, simmering, sautéing  
**What you’ll eat:** a meal  
**Great for:** groups who want a lot of cooking and an introduction to a healthy ingredient

Ramen Class
$40 per person

Each group of 4 prepares ramen noodles; individuals create their own ramen bowls  
**Duration:** 2 hours  
**Hands on:** knife skills, ramen making, egg poaching, seasoning, searing protein (chicken or tuna)  
**What you’ll eat:** a meal  
**Great for:** groups who want a decent amount of cooking and some adventurous healthy eating

Spaghetti 2 Ways + Salad Class
$30 per person

Each group of 4 prepares either a traditional spaghetti (meat sauce/white pasta) or a healthyspaghetti (mushroom and lentil sauce/whole wheat pasta); served with a salad.  
**Duration:** 2 hours  
**Hands on:** knife skills, boiling  
**What you eat:** a meal  
**Great for:** groups who want a full meal and lots of easy activity

Spring Rolls and “Fried” Rice
$30 per person

Each group of 4 makes individual spring rolls with vegetables and shrimp and a group batch of “fried” cauliflower rice.  
**Duration:** 2 hours  
**Hands on:** knife skills, sautéing  
**What you’ll eat:** a meal (with lots of veggies)  
**Great for:** Groups who want a lot of activity to accommodate many skill levels

Pizza Class
$30 per person

Each person prepares their own individual pizza and salad  
**Duration:** 1.5 – 2 hours  
**Hands-on:** knife skills, rolling out pre-made dough  
**What you’ll eat:** a meal  
**Great for:** groups not interested in a lot of cooking and a shorter class to accompany a meeting

All classes are priced per person. Includes instruction and all food. Tea and water are served.  
Groups are welcome to bring in beer and wine and specialty non-alcoholic beverages.  
Minimum number of participants is 15. Maximum number of participants is 24. Team buildings are designed for ages 16 and older.  
Contact us for details about children’s classes with The Well, Church Health’s wellness program for children and families.

For details or to reserve a date, contact:  
Melissa Petersen  
Kitchen Operations Manager  
petersenm@churchhealth.org  
901-701-2242