**Week 4 Sample Agenda**

**Objectives**:

* Practice Planning Meals in advance including shopping with a list
* Using herbs and spices instead of salt
* Practicing breakfasts that can be prepared in 5 minutes or less

(pgs. I-21 to I-25)

**1:30- Team Arrives**

**1:30-2:00 Set Up (all)**

* Wash produce to be used in class (Class Assistant)
* Wipe down tables and pass nametags (Nutritionist)
* Preheat the oven (Class Assistant)
* Cooking table set-up, set the table for a “yogurt bar” and place ingredients so that students can create their own at the beginning of class. (Chef)

**2:00-2:10 Welcome Back (Coordinator)**

* Did you make the recipe from last week? How did it go?
* Has anyone tried reading food labels while grocery shopping? Did anyone try out new healthy fats?
* Go over objectives for today

**2:10-2:15 Yogurt Parfaits (Chef)**

* Demo how you would make your own parfait
* Allow participants to individually create parfaits

**2:15-3:00 Frittata (Chef)**

* Pointing out salt’s relation to high blood pressure, discuss alternate herbs that are favored in recipes including this one.
* Discuss tips for saving money on herbs
* \*Spice It Up handout (pg. 33) – flavor profile
* Safe food thawing strategies + benefits of creating meals that you can freeze the leftovers of
* Assigning tasks (cutting veggies and herbs, grating cheese, whipping eggs and dried herbs)
* After combining and placing in oven, set timer for 35 min.

**3:00-3:45 Nutrition (Nutritionist) pg.24**

*Breakfast*

* Discuss ways to eat breakfast more often/how to make the process easier
* 3-minute session with small groups brainstorming ideas
* Benefits of menu planning
* \*Grab and Go Breakfasts handout (pg. 38)

*Menu Planning*

* Discuss benefits and challenges of planning menus (point 1 pg.21)
* Discuss ability to create recipes or change them based on what is already readily available in their homes
* \*Menu Planning Basics handout (pg.48)
* Re-iterate the benefits of freezing leftovers
* Benefits of shopping with a list

**3:45-4:00 All Eat Together**

**4:00-4:30 Clean Up (all)**