



Hands-on Cooking and Nutrition Education for Vermonters

The Learning Kitchen is a free six-week series that combines nutrition education with hands-on cooking experience for:

- Low-income adults and parents
- Middle School youth
- Young adults transitioning into independent living

The Learning Kitchen classes are designed to improve food security for families with limited budgets.

Participants engage in activities that focus on:

- Balancing and planning meals
- Stretching food dollars to maximize nutrition
- Shopping strategies and cooking techniques

The Learning Kitchen graduates are:

- Consuming more nutrient rich foods
- Preparing more meals from scratch
- Learning how to budget food dollars and plan healthier meals



Hunger Free Vermont provides training, materials and funding for this program. We rely on community partners to host and deliver the program to participants.

For more information about *The Learning Kitchen*, or to apply for a series in your community, please visit our website or contact:

Sabiha Mujkic, Nutrition Education & Direct Market Outreach Coordinator

Hunger Free Vermont

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The Learning Kitchen is supported in part by the Vermont Department for Children and Families and the USDA Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer.



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