

Host a PRIVATE COOKING CLASS

Looking for a unique team-building event for your office, an interactive experience for clients or simply a fun get-together for friends? Our hands-on cooking class is the perfect gathering.



SACRAMENTO
NATURAL FOODS CO-OP
locally owned since 1973

1900 Alhambra Blvd. • www.sacfoodcoop.com

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Our classes are designed to offer hands-on experience in the kitchen, but they also act as a project where students will collaborate together. With two instructor/facilitators, the group collectively works on the preparation of a four-course meal. It's a great way for people to get to know one another and work together in a new way.

In addition to specific teamwork exercises focusing on working together cooperatively and communicating effectively, the class will consist of informative cooking demonstrations by professional chefs, extensive hands-on prep work, and specialty food and ingredient tastings along with printed recipes. A four-course lunch or dinner completes the workshop.

CHOOSE FROM THESE EXCITING MENUS:

Spanish Tapas • Rustic Italian • Cajun Mardi Gras
Mexican Classics • Greek Favorites • Asian Flavors
American Farm Fresh Flavors

PRICING

These classes are designed for 15 to 30 people and are three hours in length.

15-30 persons - \$75.00 (per person)

10-14 persons - \$95.00 (per person)

7-9 persons - \$105.00 (per person)

4-6 persons - \$150.00 (per person)

TO LEARN MORE...

If you would like more information about our team-building and cooking classes, please email teambuilding@sacfoodcoop.com or call (916) 868 - 6399