

COOK & CONNECT

*A Hands-On Cooking & Meal Planning
Experience for Your Community*



WHAT'S COOK & CONNECT?

An interactive 2-hour experience where your community comes together to cook, learn, and connect—then everyone leaves with a week's worth of nutritious, delicious meals they made themselves.

No more "what's for dinner?" stress. Just practical skills, real food, and meaningful connection.



WHAT HAPPENS DURING THE EVENT?

90 Minutes: Cook, Learn & Pack

- Learn hands-on cooking techniques and meal planning strategies
- Work together in small teams to prepare 5 complete dishes
- Discover how to combine meals throughout the week for variety
- Portion and pack your meals to take home

30 Minutes: Community Meal

- Sit together and sample all 5 dishes
- Share conversation and build community
- Ask questions and get personalized meal planning tips

WHAT EVERYONE TAKES HOME

Each participant leaves with:

5 prepared dishes portioned for the week:

- A nourishing soup
- A versatile grain bowl base
- A fresh salad
- A cooked vegetable side
- A healthy snack

Knowledge & Skills:

- Cooking techniques you can use again and again
- Meal combination strategies
- Recipe cards and meal planning guide

WHY COMMUNITIES LOVE THIS EXPERIENCE

"It's not just about the food—it's about the connection."

This experience brings people together in a meaningful way while teaching practical life skills. Participants leave with:

- A week's worth of meals (real value!)
- New cooking confidence
- Stronger community bonds
- Sustainable meal planning habits

Perfect for:

- Faith communities
- Neighborhood associations
- Workplace wellness programs
- Parent groups
- Book clubs or social groups
- Community centers



NEXT STEPS

Interested in hosting this experience for your community?

Contact Plant Candy with:

- Your preferred date(s)
- Expected number of participants (10-15)
- Any known dietary restrictions in your group
- Confirmation that your space meets the requirements listed above

Let's bring nourishment, learning, and connection to your community.

Questions? Reach out to brandy@plantcandy.com

Dietary accommodations welcomed • Gluten-free and allergy-friendly options available • Oil-free cooking