



MOCKTAILS & MUNCHIES

An interactive experience combining drink and snack preparation, designed to enhance health, build community, and establish new habits.



ABOUT

Mocktails & Munchies is an engaging, hands-on experience brings together drink and snack preparation with a focus on wellness and connection. Participants will learn to create delicious, health-focused beverages and snacks while fostering a sense of community and building sustainable habits for a healthier lifestyle. Perfect for individuals or groups looking to combine fun with practical learning.

THE EXPERIENCE

BEFORE

INVITATION: If desired, host is provided with a digital invitation to send to guests. | **PICK YOUR DISH:** Host works with PC to select a seasonal dish that works best for their needs and sends recipe packet to host to order ingredients.

DURING

REGISTRATION: Guests check in onsite. | **WELCOME:** Host welcomes guests & kicks off event | **COOKING:** Chef guides guests through a fun and entertaining cooking demo | **Q + A:** Chef is available to ask questions during the demo and/or after the demo if time allows.

AFTER

THANK YOU: Host is provided with a digital thank you note to send to attendees.



THE FEEDBACK

I want to thank Brandy for a fun and interesting evening where she introduced us to plant based cooking techniques and recipes. They were delicious! She masterfully managed a zoom-room full of slice-and-dice impaired participants, with patience and humor. *-Linda M. Design Consultant*

I attended a zoom cooking class with Brandy and it was a fantastic experience! She did a wonderful job creating vegan recipes that were delicious and easy to prepare. She sent the list of ingredients in advance, along with cooking instructions for anything we needed to prepare ahead of time. I expected it to be daunting because I don't cook this way, but she made it fun, easy, and provided tips throughout. My husband is a meat and potatoes guy and he raved about what we cooked. I highly recommend Brandy's sessions; you won't be disappointed. *-Angela S., Human Resources Consultant*

THE INVESTMENT

INCLUDES

Invitation - digital invitation to send to guests

Guest Prep Kit - shopping list, recipes and tips

Host Prep Call - coordinate to create an experience aligned with your goals

Cooking Demo - Live cooking demo

Thank You Note - digital note to send to attendees