



SIMPLE COOKING WITH HEART



**Join the YMCA for
4-weeks of free virtual
culinary education in your
own home kitchen! ***

Starting in May, the YMCA of Metropolitan Washington is offering free virtual cooking classes utilizing fresh, local produce. In this Level 1 course, you'll learn skills from how to hold a knife, to how to roast vegetables. Each participating household will receive two free bags of local produce delivered to their home during the weeks of the class.

*** CLASSES HAVE FILLED.**

Please email tessa.mork@ymcadc.org to be added to the waitlist.

Thank you.

After you register, you will receive the class recipes, shopping lists, and your ZOOM link. Each recipe is highly adaptable to accommodate a wide range of dietary needs. Space is limited, please only sign up for one ticket per household. Have questions? Email Tessa at tessa.mork@ymcadc.org.

We look forward to cooking with you!