

# FAQs

We are very excited to have you joining our Kids Cook at Home program! To help you best understand this virtual program, please see our FAQs below. If you have additional questions, please email us at [kids@cobornsinc.com](mailto:kids@cobornsinc.com)

## How do these classes work?

These Kids Cook at Home classes are virtual cooking classes. You can cook alongside the guidance of our Registered Dietitians right from your own home. All you need is a device with a screen and an internet connection.

Our upcoming classes will be listed on our website. Here you can register your child(ren) for any of the upcoming class(es) you choose. You will receive a digital "set-up guide" via email when the class opens.

## What is included in the set-up guide?

Please note that you will not receive the digital set-up guide immediately following registration. It will be sent when the class goes live (the date of the class). The guide includes the following items:

- The recipes featured in the class
- A link to our ingredient shopping lists
- A survey to complete after the class

## What is the class like?

These are virtual cooking classes done from the comfort of your own kitchen! And while these classes are pre-recorded, they are exclusively available to those who registered. Each class is approximately 10-20 minutes in length. You will be sent a link to the video the day it goes live (the date of the class). We understand that all families cook at different speeds, so please pause the video as needed and resume once you complete each step.

## Do I need to be a skilled chef to enjoy the class?

The recipes made during the class will vary in their level of difficulty. Please have an adult or kitchen-capable person present to assist your child(ren) as necessary. As always, safety is of utmost importance, especially if working with sharp knives and heat.

## What is the cost to these classes?

These classes are currently free! The only cost considerations are the ingredients and supplies necessary. However, always check the shopping list (included with the setup guide). You may already have some ingredients on hand. Remember, shopping online can help you plan and save time!

## What if we miss a class?

We will keep classes open for one week following the date that it goes live (the class date). We encourage you to find a time that works best for you to enjoy the class with your children. If you are unable to attend a class, please be sure you are registered for upcoming classes.

## What if we don't have all the ingredients or supplies on hand?

If you are missing some supplies and/or ingredients, always know that you can tweak these recipes a bit. We encourage the creativity! For example, if the recipe calls for strawberries and bananas as a topping but you have bananas and blueberries on hand-use what you have! It will still taste delicious! Similarly, if you don't have the exact utensils, we will share some suggestions for other common household kitchen utensils or supplies that can be used instead.

## Where can we find more kid-friendly recipes?

More kid-friendly recipes can be found on our website. You can also find nutrition resources for parents and families on our website.

**Have fun and try new foods!**

**Don't forget to practice your food safety skills!**

**Jess and Macey**

COBORN'S REGISTERED DIETITIAN TEAM

The logo for "Kids Cook at Home" is displayed on a red rounded rectangular background. The words "Kids Cook" are written in a white, playful, rounded font, with "Kids" on the top line and "Cook" on the second line. Below "Cook" is a small white icon of a person with arms raised. The words "at Home" are written in a white, cursive-style font on the bottom line.