



## FAQs

We are very excited to launch our new Kids Cook at Home Cooking Class series! To help you best understand this new virtual program, please see our FAQs below. If you have additional questions, please email us at [supermarket.dietitians@cobornsinc.com](mailto:supermarket.dietitians@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 all be listed on our website at [www.celebratemore.com/kids-cook-at-home](http://www.celebratemore.com/kids-cook-at-home). Here, you can register your child(ren) for any of the upcoming class(es) you choose. Following registration, you will receive a digital "Set Up Guide" via email. .

### What is included in the Set Up Guide?

Upon registering, we will email you a digital "Set Up Guide" to help you prepare for the upcoming class. *Please allow for up to 72 hours to receive the set-up guide.* The guide includes the following items:

- The Two (2) Recipes Featured in the Class
- A Link to Our Ingredient Shopping Lists
- Kitchen Prep Instructions: accounting for any pre-recipe preparation and an overhead photo displaying ingredient setup, making it easier for you *and your child(ren) to follow along during the virtual class.*)
- A survey to complete after the class

### What is the class like?

These are virtual cooking classes completed 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 15-20 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 children work 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, a necessary As always, safety is of utmost importance, especially if working with sharp knives and heat.

### **What is the survey all about?**

Following the class, you will receive an email link with a survey. We ask that you take a few moments to complete the survey to help us improve the class experience. Thank you in advance for your participation. Surveys will remain anonymous.

### **What is the cost to these classes?**

These classes are 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! <link: shop.coborns.com>

### **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 watch it within that one-week time frame, we will be posting “past classes” on our website at [www.celebratemore.com/kids-cook-at-home](http://www.celebratemore.com/kids-cook-at-home)

### **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.

In addition, always modify the ingredients if there are allergens that need to be avoided. For example, if a recipe calls for peanut butter but your child has a nut allergy, opt for a nut-free option instead.

### **How can we find more kid-friendly recipes?**

More kid-friendly recipes can be found on our website at [www.celebratemore.com/kids-cook-at-home](http://www.celebratemore.com/kids-cook-at-home). You can also find nutrition resources for parents and families on our website as well.

### **Have fun Try new foods! And always practice good food safety skills!**

- Amy & Emily  
*Coborn's Registered Dietitians*