



COOK WITH WHAT YOU HAVE WELLNESS OFFERINGS

Kitchen Conversations: Virtual Demos/Webinars

Video conferenced demos/webinars bring CWWYH Founder and CEO Katherine Deumling directly to clients and their teams on relevant topics. They are designed for maximum interactivity—participants can ask all their cooking questions from, “how do I get my family to enjoy more vegetables?” to “how can I cook creatively from my pantry with limited access to the store these days?”

Sample Demo/Webinar Topics:

Pantry Tips & Simple Meals

Stocking up on basics saves money and time and makes for quick, creative everyday cooking.

Creative Salads

So much more than lettuce!

Get ideas for salads that keep well or can be the center of a meal. Learn to balance flavors and textures to expand your salad repertoire.

A Little Prep, A Lot of Freedom

Put in a little bit of time and reap the reward!

How to prep basic elements in 90 minutes you can mix and match for delicious meals all week.

Love Your Leftovers!

Favorite meals that save time, money and effort by:

- Simplifying mornings as they’re packed up the night before and ready to go.
- Saving money and minimizing food waste.
- Being more satisfying and nutritious than what you might eat instead.

Kitchen Conversation webinars include materials with recipes, tips and templates to put content into practice. They will be recorded and archived (and shared with CWWYH if client is hosting webcast) and may be repurposed by the client internally and by CWWYH.


Seasonal Recipe Collection Subscription

CWWYH’s [Seasonal Recipe Collection](#) is a service that marries straightforward recipes with a scrappy approach to cooking. You become a better and faster cook as you skip the last-minute store run or call for take-out and use what you already have. Meals become more nutritious as delicious whole foods take up more space on your plate. It includes:

- 900+ delicious recipes as well as tips and videos.
- Simple pantry stocking guide so you can cook on the spot.
- Substitution suggestions to suit your taste and needs.
- Prep suggestions to set yourself up for success for the week.
- An overall approach that:

For more information visit cookwithwhatyouhave.com

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- 
- Minimizes last-minute trips to the store
 - Maximizes feasibility of cooking
 - Celebrates vegetables
 - Focuses on flavor
 - Reduces food waste & Saves money

Seasonal Recipe Collection Subscription, Plan Features

- Brief weekly newsletter with relevant tips and recipes.
- 24/7 Access to the Seasonal Recipe Collection (for employees as well as their partners).

Cooking Classes – Lunch & Learns – Presentations – Keynotes

CWWYH offers these in-person activities/resources on a number of topics.

FEE STRUCTURE & OUTCOMES

Wellness plan costs are based on the number of eligible employees and type or combination of offerings needed. **Kitchen Conversation webinars** and/or **in-person demos** coupled with a subscription to the **Seasonal Recipe Collection** deliver the best outcomes for employees. Discounts are offered for coupling those offerings.

The Case for Cooking

Taking even a short amount of time to prepare a meal from whole ingredients nourishes our bodies and gives our brains a break, a re-set, a moment of creativity away from our desks and devices. Cooking dinner frequently at home is associated with better eating and increased vegetable consumption.

How can we support busy professionals and their families and inspire them to cook and make it as convenient as possible?

Cook With What You Have (CWWYH) offers:

- Emphasis on small victories—learn how to make one new dish that you enjoy.
- Just a minute of scanning a recipe can lead to *aha* moments and inspiration to cook.
- Opportunity for creativity and joy in cooking and eating.
- Practical tips such as: roast a pan of vegetables and use in these three ways.
- A balance of guidance and “permission” to adapt to your needs.
- Cooking instruction is more effective than nutrition education alone in changing one's diet.

Outcomes: We Learn to Do by Doing!

- Employees (their partners/families) integrate healthier lifestyle choices, regularly enjoy vegetables and gain competence and ease in the kitchen.
- Employees find satisfaction and joy in learning something new.

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