



Virtual Workshop Themes

Cooking for Small Households

Cooking for 1 or 2 doesn't have to mean boring leftovers all week long! Whether you are a recent empty-nester, or you are living on your own for the first time, it is common to struggle with the challenge of cooking for a small household. Learn strategies from creating small batch recipes to using planned-overs that will keep your menu ideas fresh, your food waste minimal and your taste buds happy!

1 hour virtual workshop

Menu Planning: A Life Hack

Tired of not knowing what to cook after a long day of work? Stuck in a food rut, eating the same old meals over and over? Spending too much money on take-out because you don't have the ingredients to cook what you want? Welcome to the world of menu planning – the solution to your meal time woes! From recipe selection to grocery lists and daily meal plans, learn the ins and outs of menu planning and how it can save you time, money and stress!

1 hour virtual workshop

Safety First –Surviving Kitchen Dangers!

Never second guess if your meat is properly cooked again! This workshop will cover vital food safety information such as food storage times, safe cooking temperatures and the “danger zone” to leave you feeling confident in serving safe foods and avoiding dreaded food-borne illness! We will also provide you with an assortment of kitchen safety tips including fire safety, knife safety and stove-top safety that will leave you feeling top-chef ready to tackle your next cooking challenge!

1 hour virtual workshop

Living on Your Own (Adulting 101)

Living on your own for the first time? While it seemed exciting at first, you've no doubt realized that there's a catch. With freedom comes stocking a pantry, learning how to cook, cleaning the place up and doing laundry. This all can be daunting, to say the least! Let us guide you in “adulting” with a workshop that will cover various topics ranging from basic cooking and cleaning rules, to grocery shopping and laundry tips that will help you stay fed, clean and happy!

1 hour virtual workshop



Cooking on a Budget

A food budget is important when wanting to save money and eat healthier but sticking to that budget can be overwhelming without the right tools! Let us teach you strategies for meal planning, grocery shopping and weekly prep that will help you stick to your budget, lower your stress and get you one step closer to your financial goals.

1 hour virtual workshop

Seasonal ideas:

Preserving Summer Flavours

Whether it's a home-grown garden or a weekly trip to the farmers market, summer brings a delicious bounty of fresh fruits and vegetables! Don't let the wonders of the season go to waste! Preserve the flavours and enjoy the summer harvest all year long. From canning and pickling to freezing and dehydrating, learn tips and tricks for beginning your rewarding journey into preserving.

1 hour virtual workshop

Holiday Planning

Turkey dinners, decorating the house, hosting friends and family – is there anything that brings more joy than the holiday season? We know that along with that joy comes a whole lot of stress! Let us help reduce your stress by teaching you how to plan the perfect turkey dinner, homemade gift ideas and cleaning tips to get you through the holidays!

1 hour virtual workshop