

corporate wellness

Recipe for Success

IT'S NOT JUST KID STUFF



Recipe for Success Has Developed Corporate Solutions for Healthy Living

Recipe for Success Foundation (RfS) is a non-profit charity dedicated to combatting childhood obesity by changing the way children understand, appreciate and eat their food.

In response to requests from several of our generous sponsors, RfS is now providing opportunities for companies to offer healthy cooking programs to their employees and colleagues. Our professional chefs come to you. They can give hands-on cooking

classes to small groups or present demonstrations to large audiences.

We will customize your program to offer simple, healthy and flavorful alternatives for everything from desk lunches to fast family meals, along with tips on how to “healthify” eating habits. These classes offer a superb opportunity to emphasize team building and health awareness in your office environment. Although some classes are appropriate in only one format, most can be presented either as a hands-on experience for up to 25 participants or as a group demonstration. Printed recipes and

tips for all participants are included.

The cost of our corporate wellness programs is satisfied by a contribution to Recipe for Success Foundation. The funding benefits our charity’s Seed-to-Plate Nutrition Education™ programs in Houston elementary schools and community centers, where we work with 3,050+ children every month in our kitchens and gardens.

Celebrity Chefs

Over 50 of Houston’s finest chefs are active on the Recipe for Success Chefs Advisory Board.

More and more companies are looking for effective ways to help their associates lead healthier lives at work and at home.

Using the same proven methods that we have employed in the last 4 years to introduce 10,000 children to healthier eating habits, our Recipe for Success Staff Chefs and members of our Chefs Advisory Board are pros at creating excitement about nutritious meals using fresh foods. We break down resistance to cooking and banish the thought that healthy food isn’t tasty. We demystify home cooking and dispel misperceptions of inconvenience. We don’t preach or bore our audience with a litany of do’s and don’ts. We turn on taste buds and empower our students to make changes in their lives with a sense of enthusiasm, because Recipe for Success makes healthy eating FUN!

Choose

You can design a program and delivery format that suits your needs.

First decide whether you want to enjoy an up close and personal hands-on experience or a put on show for a crowd.

Do you want your presentation delivered by a professional chef from our Recipe for Success Foundation staff, or one of Houston's many high-profile celebrity chefs who are members of our Chefs Advisory Board?*

Then, would you prefer the classes to revolve around family meals, entertaining or just getting out the door with a healthy lunch everyday?

And finally, what sort of dishes would you like to learn to make? If none of the ideas on our list rings your bell, then let us work with you to create something perfect.

* Availability of specific chefs cannot be guaranteed.

Delivery

Hands-On

1.5 hour class for up to 10* people, includes printed recipes, tasting samples, and all necessary equipment. (AV and room set up, extra)

Recipe for Success
Staff Chef \$750
Chefs Advisory Board
Celebrity Chef \$2,500

* Additional participants, up to maximum of 25, are \$75 each

Demonstration

One hour class for up to 100+ people, includes printed recipes, ten tasting samples and all necessary cooking equipment. (AV and room set up are host responsibility. A list of requirements is provided)

Recipe for Success
Staff Chef \$1,500
Chefs Advisory Board
Celebrity Chef \$5,000

Discounts are available for booking four or more classes annually.

Themes

Make & Take – Hands-on creation of a healthy meal to be eaten on the spot or saved for later. (Max 25)

Lunch Bunch – Nutritious options to prepare in advance to pack for the road or office.

Dinner in a Hurry – Healthy family dinners that are short on ingredients and prep time and long on enjoyment.

Table for One – Inspiration for dinners to enjoy solo.

Entertaining Made Easy – Tips on how to make your party dishes a hit and your guests amazed.

Make & Take is only available in the Hands-on format

Menu

Seasonal Cooking
Smart Shopping-
Farmers Markets &
Grocery Stores
Healthy Pizza
Sushi or Spring Rolling
Party
Spreads & Dips
Holiday DeLite
Food Pyramid Salad
Pasta from Scratch
Game-on for a Sports Party
Eat This, Baby!™
Homemade food for
infants & toddlers

OR

Work with our team to design something special just for your group.

Recipe for Success Corporate Wellness Class Reservation Form

Contact Name _____

Company _____

Address _____

Phone _____ Email _____

Preferred Class Date _____ 2nd Choice Date _____

Select one from each column:

Hands-on RFS Staff Chef
 Demonstration Celebrity Chef

Make & Take
 Lunch Bunch
 Dinner in a Hurry
 Table for One
 Entertaining

Seasonal Cooking
 Smart Shopping
 Healthy Pizza
 Spring Rolling
 Spreads & Dips
 Holiday DeLite
 Pyramid Salad
 Pasta from Scratch
 Game-on
 Eat This, Baby!™
 Let's Make It Up

FAX THIS COMPLETED FORM TO
CHEF MOLLY GRAHAM
713.520.0453



Recipe for Success Foundation
PO Box 56405
Houston, Texas 77256

Phone 713.520.0443
Fax 713.520.0453
info@recipe4success.org
www.recipe4success.org