

# Free Healthy Cooking Workshop

STORY & PHOTO BY KAREN BOSSICK

Get a taste for quinoa in various styles, including Tex-Mex and Indian, when The Hunger Coalition presents a free cooking workshop in conjunction with Nurture, Monday.

The workshop, open to everyone, will offer people a chance to sample foods, learn new recipes, bone up on MyPlate and receive simple tips for making balanced meals.

“Quinoa is big right now because it has the highest amount of protein of any grains,” said Kathryn Guylay, who will teach the class, along with Kat Vanden Heuval of The Hunger Coalition.

The class will be held from 9 to 10:30 a.m. at the Wood River YMCA, 101 Saddle Road in Ketchum. It’s free, but attendees are encouraged to register at [kat@thehungercoalition.org](mailto:kat@thehungercoalition.org) (788-0121) so organizers know how much food to prepare.

Hunger Coalition clients can earn a free slow cooker for completion of the class.

The YMCA will provide free childcare for Hunger Coalition clients. It will cost \$3 an hour for



Kathryn Guylay has offered a number of workshops, like this one showing people a variety of ways to cook breakfast in a slow cooker, since moving to the Sun Valley area from Chicago a little more than a year ago.

others.

Nurture is a grassroots organization that empowers families with the tools and resources to prepare healthy, delicious meals, even when faced with limited time and budget.

The non-profit organization

offers cooking classes, nutrition education, and more to address such issues as hunger, childhood obesity, wellness and an increasingly unhealthy food chain.

To learn more or to download free recipes, go to [nurtureyourfamily.org/nurture-idaho](http://nurtureyourfamily.org/nurture-idaho).