



Employee Wellness Program Opportunities with Cook With What You Have

Good morale and productivity correlate to health and wellbeing. Yet people are busy and work can be stressful which can easily and understandably compromise healthy habits.

Cook With What You Have works with businesses and public agencies and their employees to make healthy, delicious, home-cooked food a regular part of life. Simple tricks and a bit of confidence can turn into new habits that get you hooked on fresh, seasonal produce and the ease of preparing it.

Cook With What You Have offers **cooking classes**, **demonstrations** or **presentations** for a variety of group sizes and settings. Demonstrations or presentations can be held over the noon hour and include a **shared meal**, or at any time of day with **simple tastes**. Customized packets of recipes or ideas and plans accompany each program, geared toward employees' interests and needs.

Some of my current *wellness program* clients include Legacy Health Systems' Live It! Program, Clackamas County, Columbia Sportswear, Oregon Food Bank, and Organically Grown Company (OGC).

Many of my wellness program clients complement **Cook With What You Have's** face-to-face programs with subscriptions for their employees to the online [Seasonal Recipe Collection](#). This resource enables users to cook more, eat well and spend less.

The collection includes:

- 12-25 recipes for each vegetable and herb in one place so you don't have to browse half-a-dozen sites to find a recipe that suits you.
- Recipes tested with farm-fresh produce that combine vegetables and herbs that you will typically find together at the market or in your CSA share.
- Recipes written in a style that is flexible and adaptable.
- Recipes that give you a foundation to use what you have on hand, saving you last minute trips to the store, and reducing your grocery bill.

Client feedback:

"I just wanted to reach out and tell you how much I enjoyed the lunch class on Tuesday. It was phenomenal. One of the aspects of Clackamas County that drew me to it was the wellness benefits, and this course was fantastic.

Like I said in the survey, please hold this class again as often as possible (hopefully monthly). I would go to this weekly if it was offered." - Dylan Blaylock, Clackamas County

Please contact Katherine Deumling at Katherine@cookwithwhatyouhave.com or 503.715.7697 for further information or to schedule a program for your company.