

Let's Get Cookin'!



Meet us at the Kehrs Mill Schnucks for a two-part cooking experience. Guided by our favorite chef, Nikki Carey, we will meet for two consecutive afternoons to plan, shop for, prepare, and enjoy our menu item(s). All items prepared will be gluten-free, nut-free, and be representative of items that our participants may be able to replicate at home with minimal support.

We will offer this two-part class in both December and January. Please note that there will be a separate registration for the December and January events. Attendance for both days of the class is required.

Day 1: We will review our menu item(s), plan and organize a shopping list, break into smaller groups to shop for and purchase our ingredients, and then enjoy a light snack as we plan for the following day.

Day 2: We will prepare our menu item(s) and enjoy our finished product together.

Dates for December: Thursday 12/11 & Friday 12/12

Holiday Delights: Party-Perfect Foods

Dates for January: Thursday 1/15 & Friday 1/16

Healthy Year, Happy You: Foods that Energize & Revitalize

Time: 4pm – 5:30pm

Location: Schnucks, 2511 Kehrs Mill Rd, Chesterfield, MO 63017 (we will meet in the upstairs community room; there are stairs and elevator to right upon entering the store by the deli area)

Instructor: Nikki Carey

Class size: 12

Cost: \$25

To register, please use the Sign-Up Genius link that was sent via email. Confirmation of enrollment will be sent via Sign-Up Genius upon registration. Online payment may be made at the time of registration or via check no later than the end of the first week of class. Email courtney.gehrer@stlukes-stl.com with any questions regarding classes, registration, or to be added to a waitlist for a class.