



FOR IMMEDIATE RELEASE

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Stephanie Austin,
Director of Marketing
The Wellness Kitchen and Resource Center
Email: stephanie@thewkrc.org

Teen Cooking Program Creates Lasting Change on the Central Coast Teach a kid to cook and you'll feed him for a lifetime

The Wellness Kitchen's Lead Chef, Evan Vossler joins creative genius with Erik Soderholm, a chef with more than 25 years experience, to create a **Teen Cooking Program starting May 31st; plus June 7th, June 14th, and June 28th from 3:30pm – 5:30pm at The Wellness Kitchen at 1255 Las Tablas Rd Suite 102 in Templeton.**

Classes are for **teens ages 13 - 18**. Students get to enjoy the fruits of their labor after each class. The program includes **all four classes** and is of **no cost to the teens**. Please contact The Wellness Kitchen if you are interested in **sponsoring any portion of this curriculum** or to **enroll your teen**.

"Teaching the next generation about the value of cooking, wellness and nutrition is the best way to realize broad and lasting change in our community on the central coast as well as the state of food culture in this country and in our world," says Lead Chef Evan Vossler.

Curriculum includes:

- May 31st - "Fundamentals"
- June 7th - "The Basics of Cooking"
- June 14th - "How to eat a Rainbow"
- June 28th - "Protein and So Much More"

Registration details at <http://www.thewkrc.org/calendar.html>.

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The Wellness Kitchen and Resource Center is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers. <http://www.thewkrc.org/>