

Cooking Class Program Estimated Cost

As has been described in most of our programs where food is provided, costs can and will vary depending on many factors. We feel comfortable using the figure of **\$10.00** per participant at a cooking class for a 5 element meal. This type of cooking class normally is comprised of 1 plant based protein, 1 carbohydrate, 2 vegetables, and 1 desert. When planning a cooking class or any other function, ensure that you consider hidden costs which normally get overlooked. There are costs of electricity, gas, disposable dinnerware, disposable table coverings, and even printing for advertising. Ensure that you consider these things.

A very important item that should be considered if cooking classes are to be a regular community outreach is appliances. Using personal blenders, Vita Mix, food processors and the like is fine for an occasional event, but if cooking classes are regular, the church/ hosting facility should consider investing in them.

