



## Cooking Classes

### Purpose

To meet people and make new friends with the hope of introducing them to Jesus, you may wish to offer to the community vegetarian cooking classes and health lectures. These may be done on a consistent once-a-month or every-other-month basis.

### Advertising (see sample flier attached)

- Notice on community bulletin boards
- Announcement on local Christian radio stations
- Announcement on local television stations
- Flyers placed on bulletin boards in local grocery stores and Laundromats
- Invitations delivered door-to-door personally
- Invitations mailed to former members
- Invitations handed out to visitors
- Invitations given to Bible study interests
- At each cooking class, guests may be invited to write their name and mailing address on a 3X5 index card if they would like to receive a postcard in the mail reminding them of the next cooking class. Those planning to attend should be encouraged to call and make a reservation, which would give an idea as to how many would be coming.

### Cooking Class Program

- Welcome
- Short devotional and prayer/blessing
- Buffet line
  - The buffet table consists of a complete meal you could serve at home. At the end of the buffet table, have the recipes typed up on a sheet of paper. Guests may receive all recipes, and each recipe may be demonstrated, regardless of how simple. Preparing green beans may seem simple for most, but some people don't know how. Sometimes it is hard for someone to take a recipe and know what to put with it to make a complete meal. It is helpful to include complete meal ideas with each recipe handed out. Make sure that fresh vegetables are part of the menu. For books on complete meal suggestions and recipes, check your nearest Adventist Book Center, or [www.vrg.org](http://www.vrg.org), [www.nrdc.org/thisgreenlife](http://www.nrdc.org/thisgreenlife), [www.vegcooking.com](http://www.vegcooking.com), [www.allrecipes.com/recipes/everyday-cooking/vegetarian/main/asp](http://www.allrecipes.com/recipes/everyday-cooking/vegetarian/main/asp), or [www.vegkitchen.com](http://www.vegkitchen.com).
- Everyone eats
- Circulate and visit with guests

While the guests are eating, walk around and visit with them. Asking “light” questions, to get to know them a little. You don’t want to smother your guests, it will make them feel uncomfortable and they likely won’t come back.

- **Cooking demonstration**  
While the guests are finishing their meal, start with the recipe demonstrations. Use recipes that are easy to make, with ingredients that are easily found in local grocery stores. Present some recipes that are non-dairy. Include lunchbox favorites and healthy snacks, as well as meatless entrees.
- **Drawing for bread**  
After the recipes have been demonstrated, have a drawing for homemade bread, usually 6-8 loaves. Homemade bread has been served with the meal, and they are very excited to get a fresh loaf to take home.
- **Guest speaker**  
Each month can be a different topic; heart, diabetes, weight loss, etc. These lectures may be given by Adventist doctors, nurses, or dietitians. Where these are not available, a DVD covering health topics may be used. Your Adventist Book Center may have DVD’s on health topics, or check at your public library. It is important that the presenter be sensitive to the guests’ present lifestyle while still promoting healthy life-style alternatives.
- **Evaluation (sample evaluation is attached)**  
An evaluation may be passed out to everyone. The guests are asked to fill out the evaluation and leave it on the table.
- **Closing prayer**
- **Mingle**  
Mingle with the people, thanking them for coming and making small talk. You’re making friends and gaining their confidence.