



## Free Cooking Class Information

### What is The Kitchen?

- We believe cooking skills can make life better in so many ways, in our kitchen we laugh, play and learn together.
- Free cooking classes: Dive into hands-on cooking classes where everyone participates. Stretch your budget with smart cooking. Our recipes use common pantry staples and ingredients often available at food banks, helping you create delicious meals even when money is tight. Sharpen your cooking skills and boost your nutrition game. Healthy food can taste good...really! After each class, we sit down to enjoy our creations together.

### What do I need to know before attending class?

- Registration is required.
- Most classes are designed for adults (age 18+).
- Classes are between 1.5 and 3 hours long depending on the class
- Tools and equipment are provided, however you should bring containers to take home a portion of the recipe you create.
- Wear closed-toed shoes and dress appropriately for a hot kitchen environment.
- Be able to work independently in a semi-supervised environment with group instruction. For those with physical limitations please call ahead to discuss arrangements.
- Please arrive 10 minutes prior to class start time.

### Do I need to sign up in advance?

- Yes, registration is required. You will receive a confirmation email when you have signed up successfully. If you believe you signed up and did not receive an email please contact us.
- You will receive an email reminder 48 hours prior to class.
- If a class is full, a waitlist button will be available. If space becomes available you will be emailed.
- For free classes: Please limit your registrations to 1-2 classes per month to allow more of our neighbors to attend.

### What if I need to cancel?

- If you need to cancel, we ask that you cancel your registration online and call or email us at least 24 hours in advance. The sooner the better, as this helps us keep our costs low and prepare for the class.

- Note for paid classes and events: Refunds will be considered on a case by case basis.

Are free cooking classes for me?

- Free cooking classes are intended to serve low income individuals. We use recipes focusing on items often found at local food banks.
- Classes are designed for adults (age 18+).

Where is The Kitchen located?

- The Kitchen at Second Harvest is located at [1234 E Front Ave, Spokane, WA 99202](#)
- Dedicated parking lot directly in front of the building.
- Spokane Transit Authority: [Route #14 stops at MLK Jr Way at Front Ave](#)

What if I have food allergies?

- We will try to avoid common food allergies, however, our kitchen facility is accessible through the warehouse and we have an open prep kitchen where all types of food products are used. For those reasons we are unable to guarantee everything we use is completely allergy free.

Who should I contact with questions?

- Call our main line at (509) 535-6678