

Cooking Tips for Every Home Program

Prize up for grabs!



Complete the **Cooking Tips for Every Home program** by March 31, 2026, and you'll be entered for a chance to win a **LifeSpeak accessories gift card!**

Build confidence in the kitchen with this practical, video-based cooking series. Learn how to prepare simple, nutritious meals using everyday ingredients without overspending. This program focuses on real-life cooking skills that make healthy eating easier, more affordable, and more enjoyable for individuals and families.

What You'll Learn

- How to plan easy, budget-friendly meals and school lunches
- Simple cooking techniques using pantry staples
- Smart ways to use leftovers and reduce food waste
- Portion control and how to read nutrition labels
- Tips for engaging kids in healthy eating

Program Highlights

Here's a sneak peek into some of the classes in this program:



Budget Friendly Tips

6 min video



School Lunches

5 min video



Homemade vs Convenience

8 min video

Ready to get started?

Log in to your account and enroll in the
Cooking Tips for Every Home Program today!