

Cooking Tips for Every Home Program



Program at a Glance

A practical video-based program designed to build confidence in the kitchen. Participants will learn how to plan meals, prepare simple and budget-friendly recipes, make the most of leftovers, and develop everyday cooking habits that support healthy, enjoyable eating at home.

Course Objectives

- Plan simple, nutritious meals and lunches using everyday ingredients
- Prepare budget-friendly recipes with confidence
- Use leftovers effectively to reduce food waste
- Practice portion control and read nutrition labels with greater understanding
- Engage kids in healthy eating and meal preparation

Program Content



Budget Friendly Tips

6 min video



School Lunches

5 min video



Homemade vs Convenience

8 min video



How to Marinate

7 min video



How to Saute

14 min video



Sharpen Your Knife Skills

21 min video

Program Content



How to Master Portion Control

3 min video



How to Read a Nutrition Label

3 min video



Get Kids Interested in Nutrition

6 min video



Butter vs Margarine

2 min video