Cooking is Fundamental



ConnectWell's Cooking is Fundamental Offering is grounded in the principle that healthy cooking is a cornerstone of a healthy lifestyle.

Cooking — an Essential Life Skill:

- For disease prevention and health management
- For reversing food-related illness
- For taking control of what you eat and ensuring you are getting essential nutrients from whole food
- For bringing households together to eat and enjoy nutritious and delicious food

The rise in the consumption of ultra-processed foods has driven the dramatic increase in food-related illness. Our team has expertise in designing programs that result in helping people adopt healthy lifestyle habits that are fundamental to improving health outcomes.

ConnectWell's Cooking is Fundamental Offering Includes:

- **Turnkey mobile kitchen** with wheels and cover that is easy to set up and store
- **Cover** that converts to **2 tables** which serve as food preparation stations for participants
- Complete set of **kitchen accessories** to host hands-on cooking programs for 20 participants
- A **curriculum** for all age groups that demonstrates the preparation of healthy meals and educates about healthy eating practices, chronic disease management, and prevention practices related to food and beverages

The Cooking is Fundamental Curriculum draws from ConnectWell's entire content suite including:

