Earn Credit for Cooking!

HLHS 123 - Meal Planning in Healthcare

Register for HLHS 123 to:

- Practice basic kitchen skills
- Improve nutritional health of clients
- Create budget-friendly menus
- Learn tips on grocery shopping , seasoning and presenting meals
- Prepare recipes to manage chronic conditions
- Cook and eat 50 new recipes

HLHS 123 is a hybrid learning experience blending online lessons with hands-on cooking classes.

Earn 3 credit hours and 6 certificates.

Certificate program is a service of Caregivers Kitchen.
Learn more at: www.caregiverskitchen.net/certificate-program

Caregivers Kitchen®
Culinary Skills for Caregivers

IVY TECH COMMUNITY COLLEGE

For More Information: