



## **“Good Cooking” Program description**

Sustainable Economic Enterprises of Los Angeles and The Hollywood Farmers’ Market present “**Good Cooking**”, a six week cooking class series designed for the busy cooks of limited income families. Using fresh seasonal produce supplied by growers from the Farmers Market, each class demonstrates recipes that show how easy it is to include more fresh fruits and vegetables in family meals.

The program features:

**Healthy eating basics:** each class introduces a key concept, such as the food pyramid, food label reading, portion sizes, or the health implications of different food groups. Subsequent sessions reinforce each concept.

**Easy, economical recipes** to fit working families’ schedules and budgets. Main dishes cost no more than \$1.25 per serving to prepare with ingredients readily available from familiar local markets and farmers’ markets.

**Groceries to go:** Participants go home each week with recipes and ingredients to prepare the demonstrated dishes for their families.

**Convenient class locations** at neighborhood sites frequented by course participants, such as housing complexes, schools, WIC offices, and churches.

**Certified Farmers’ Markets** at locations near class sites will offer farm fresh produce market for sale to class participants and their community, improving access to fresh foods and awareness of farmers’ markets as a food purchasing option.

**Bilingual facilitators and curriculum:** Classes are given in English and Spanish, on an as needed basis.

Through a structured program and supportive class activities, participants will be encouraged in choosing healthier food for themselves and their families, and making fresh produce a bigger part of their diets.

Kaiser Permanente provides current funding for the South Central and Leimert Park regions. Catholic Healthcare West/Northridge Hospital provide funding for the northeast and northwest sections of the San Fernando Valley.

This program is sponsored by Sustainable Economic Enterprises of Los Angeles, (SEE-LA), a non-profit economic development corporation. SEE-LA operates the Hollywood Farmers’ Market, Los Angeles’ largest certified farmers’ market.

**For more information, please contact:**

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