



Natural Solutions for a healthier you!

Simply Natural gives 10% of all earnings to a local ministry for community/missions' outreach

Simply Natural offers the following services (services/prices are subject to change, please consult with a representative for current prices/services).

Chef Services – Personal Chef Services, and/or Individual or Group Virtual Cooking Classes:

Objectives:

- Participants can receive personal chef or bakery chef services.
- Participants can participate in individual or group cooking classes to learn basic cooking techniques necessary to prepare the food(s) taught in the class.
- Participants of a cooking class will learn basic nutrition tips regarding the ingredients.
- Participants of cooking class, under 18 years, will apply basic academic skills during class instruction/participation (reading, math, science)

Description: Personal Chef

- The participant selects food from a seasonal menu prepared by a personal chef

Description – Cooking Class

- The instructor provides a 1-hour class of cooking instruction.
- Cost per person: \$35
- Instruction is provided via a virtual learning platform (Zoom or Microsoft Teams)
- Individual Classes: up to 3 participants
- Group: 4 or more participants
- Participants will receive the recipe before the class and in order to have all the equipment and ingredients necessary to participate in the class.

Optional: Host a group glass:

- Host a class of 4 or more participants and the fee is waived for the host.

Class Topics:

- All class topics are subject to seasonal ingredients.
 - Baking
 - Crock Pot
 - Soups/Stews/Broths
 - Sides
 - Breakfast/Lunch/Dinner/Snack foods