

# Thrive Kitchen at Home Online Cooking Classes 2021 Schedule

Cook Your Way to Better Health with  
Linda Shiue, MD, Chef, Director of Culinary Medicine

<b>Mar 24</b>	Eat Your Greens!
<b>Apr 21</b>	Cooking to Reduce Food Waste
<b>May 19</b>	Healthy Asian Cooking
<b>Jun 16</b>	Mediterranean Picnic
<b>Jul 14</b>	Spanish Summer: Gazpacho and Tapas
<b>Aug 11</b>	Back to School Lunch and Easy Weeknight Cooking
<b>Sept 8</b>	iTaco Bar! Healthy Mexican Food
<b>Oct 6</b>	Everything Pumpkin
<b>Nov 17</b>	Plant-Based Thanksgiving
<b>Dec 1</b>	Holiday Appetizer Party

**Class Orientation 6:00 PM**  
**Online Class 6:30 - 8:30 PM**

**Registration opens one month before each class**  
**\$25 Kaiser Permanente Members / \$40 Non-Members**  
**Contact Health Education at 415-833-3450**  
**or email [Sfhealthed@kp.org](mailto:Sfhealthed@kp.org)**

[Healthy Cooking](#)



[Lifestyle Medicine](#)

