



# The Veteran's Table

# COOKING CLASS

## 12 WEEK COURSE



Join us for a 12-week cooking program designed to bring veterans together through the art of food. This hands-on course teaches fundamental cooking techniques, meal preparation, and nutrition while fostering camaraderie and community. More than just a class, this program offers a supportive space for veterans to connect, share stories, and build lasting friendships over food.

## PROGRAM HIGHLIGHTS

- Introduction to Basic Cooking Techniques
- Cooking sessions: Foundational techniques to advanced culinary methods. explore new culinary horizons.
- Meal Planning and Preparation
- Farm Visit: Tour a local farm to explore fresh, locally sourced ingredients
- Cook-Off Challenge: A fun, friendly competition to showcase culinary skills.
- Graduation Ceremony: A special ceremony to celebrate the completion of the course.

**START DATE:** SEPTEMBER 10, 2025

**LOCATION:**

Rosedale Laurent Post 483  
240-08 135th Avenue  
Rosedale, New York 11422

**SCAN TO  
REGISTER**

