



# Feed the Mass

2026 Cooking Classes



[www.feedthemass.org/education](http://www.feedthemass.org/education)

# Feed the Mass

Feed the Mass started in 2016 as an educational initiative, empowering individuals with the knowledge and skills to make healthier food choices. Today, Feed the Mass is driven by a clear mission to empower, educate, and serve. Our educational work empowers, educates, and serves by equipping people with the knowledge needed to make informed, conscious nutritional choices.

## Adults Cooking Classes

### Knife Skills: Market-to-Meal

April 9  
\$55

Build confidence with the knife — how to hold it, how to cut safely, and how to prep produce fast without waste. You'll leave with practical knife skills you can use every day and a delicious vegetable soup.

### Protein-Forward Meal Prep

April 16  
\$55

A practical turkey taco bowl meal-prep class focused on high-protein, high-vegetable meals that reheat well. Great for fitness goals, busy schedules, and consistent eating habits.

### PNW Date Night

April 30  
\$55

A fun, elevated class focused on timing, confidence, and restaurant-style plating — perfect for couples or friends. We'll cook steak with garlic-herb butter and roasted seasonal vegetables.

### Cooking on a Budget

May 14  
\$55

Learn how to cook filling, nutritious meals with affordable staples. We'll cook a lentil and vegetable chili, talk pantry building, cost per serving, swaps, and how to stretch ingredients without sacrificing flavor.

### Air Fryer: Actually Worth It

May 28  
\$55

Learn how to get crispy results without deep frying — plus how to avoid soggy textures and uneven cooking. We'll cook crispy chicken cutlets and lemon salad — great for quick weeknights.

### Cedar-Plank Salmon (or Oven Roasted)

June 11  
\$55

A Pacific Northwest signature class — cedar-plank salmon (or oven-roasted salmon) with a seasonal side concept. Learn how to cook with bold flavor, simple technique, and reliable doneness.

### PNW Date Night

June 25  
\$55

A fun, elevated class focused on timing, confidence, and restaurant-style plating — perfect for couples or friends. We'll cook steak with garlic-herb butter and roasted seasonal vegetables.

### Air Fryer: Actually Worth It

July 9  
\$55

Learn how to get crispy results without deep frying — plus how to avoid soggy textures and uneven cooking. We'll cook crispy chicken cutlets and lemon salad — great for quick weeknights.

### **Protein-Forward Meal Prep**

July 23                      A practical turkey taco bowl meal-prep class focused on high-protein, high-vegetable  
\$55                              meals that reheat well. Great for fitness goals, busy schedules, and consistent eating  
   habits.

### **Knife Skills: Market-to-Meal**

August 6                     Build confidence with the knife — how to hold it, how to cut safely, and how to prep  
\$55                              produce fast without waste. You'll leave with practical knife skills you can use every  
   day and a delicious vegetable soup.

### **Cooking on a Budget**

August 20                    Learn how to cook filling, nutritious meals with affordable staples. We'll cook a lentil  
\$55                              and vegetable chili, talk pantry building, cost per serving, swaps, and how to stretch  
   ingredients without sacrificing flavor.

### **Freezer Fine Dining**

September 10              Build freezer meals that taste fresh on bake day. Learn packaging, labeling, cooling,  
\$55                              and reheating so meals stay high-quality. We'll cook a freezer-to-oven lemon garlic  
   chicken with vegetables.

### **Cooking on a Budget**

September 24              Learn how to cook filling, nutritious meals with affordable staples. We'll cook a lentil  
\$55                              and vegetable chili, talk pantry building, cost per serving, swaps, and how to stretch  
   ingredients without sacrificing flavor.

### **Foraged Flavor: Mushroom & Herbs**

October 8                    Learn how to get big flavor from seasonal sautéed mushrooms, a herb pan sauce,  
\$55                              and simple pantry staples to round out a hearty meal — perfect for fall in the Pacific  
   Northwest.

### **Protein-Forward Meal Prep**

October 22                    A practical turkey taco bowl meal-prep class focused on high-protein, high-vegetable  
\$55                              meals that reheat well. Great for fitness goals, busy schedules, and consistent eating  
   habits.

### **Chowder & Bisque Techniques**

November 5                    Learn the core method behind creating comforting, creamy soups — preparing  
\$55                              aromatics, thickening, simmer timing, and how to avoid curdling with a classic clam  
   chowder recipe.

### **Freezer Fine Dining**

November 12                Build freezer meals that taste fresh on bake day. Learn packaging, labeling, cooling,  
\$55                              and reheating so meals stay high-quality. We'll cook a freezer-to-oven lemon garlic  
   chicken with vegetables.

### **Smoked Salmon Sunday Spread**

December 3                    A high-impact “host a brunch board” class — minimal cooking, maximum  
\$55                              presentation. We'll prepare dill cream cheese, pickled onions, and smoked salmon for  
   a delicious breakfast board.

### **Smoked Salmon Sunday Spread**

December 10                A high-impact “host a brunch board” class — minimal cooking, maximum  
\$55                              presentation. We'll prepare dill cream cheese, pickled onions, and smoked salmon for  
   a delicious breakfast board.

# Kids Cooking Classes

## Bread Basics

April 11  
\$35 Kids learn the basics of yeast breads — leavening, mixing, kneading, proofing, shaping rolls. Kids will leave with fresh soft dinner rolls and a real sense of “I made bread!”

## Salad Rolls

April 18  
\$35 A no-cook (or low-cook) class that builds confidence with fresh veggies, knife skills with softer produce, and teamwork. We’ll prepare rainbow salad rolls and a simple dipping sauce.

## PNW Pizza Party

May 2  
\$35 Kids will learn how to make easy crust pizza dough, stretch and shape the dough, and build their own slice of delicious sheet-pan pizza with seasonal toppings and kids favorites.

## Muffins & Zucchini Bread

May 16  
\$35 Learn about some of the basics of baking — measuring, mixing, and learning why “don’t overmix” matters. We’ll bake a one-bowl zucchini muffin recipe that kids can confidently make at home.

## PNW Pizza Party

May 30  
\$35 Kids will learn how to make easy crust pizza dough, stretch and shape the dough, and build their own slice of delicious sheet-pan pizza with seasonal toppings and kids favorites.

## Kids Cook the BBQ

June 13  
\$35 A summer celebration class — kids learn simple “cookout” skills, safe handling, and team assembly. We’ll build burgers, sandwiches, and a simple side dish to round out your menu.

## Kids Cook the BBQ

June 27  
\$35 A summer celebration class — kids learn simple “cookout” skills, safe handling, and team assembly. We’ll build burgers, sandwiches, and a simple side dish to round out your menu.

## PNW Pizza Party

July 11  
\$35 Kids will learn how to make easy crust pizza dough, stretch and shape the dough, and build their own slice of delicious sheet-pan pizza with seasonal toppings and kids favorites.

## Muffins & Zucchini Bread

July 25  
\$35 Learn about some of the basics of baking — measuring, mixing, and learning why “don’t overmix” matters. We’ll bake a one-bowl zucchini muffin recipe that kids can confidently make at home.

## Kids Cook the BBQ

August 8  
\$35 A summer celebration class — kids learn simple “cookout” skills, safe handling, and team assembly. We’ll build burgers, sandwiches, and a simple side dish to round out your menu.

### **Muffins & Zucchini Bread**

August 22      Learn about some of the basics of baking — measuring, mixing, and learning why  
\$35              “don’t overmix” matters. We’ll bake a one-bowl zucchini muffin recipe that kids can  
confidently make at home.

### **Bigfoot Bento Lunch Boxes**

September 12      Kids learn how to build balanced bento-style lunch boxes and practice assembly  
\$35              that’s realistic for school mornings. We’ll cook a well-balanced salmon rice bowl that  
will fuel learning.

### **Orchard Fruit “Chop Chop”**

September 26      A confidence-building produce class focused on safe cutting, tasting, and making  
\$35              fruit look fun. We’ll prepare an apple and pear fruit salad paired with a honey-lemon  
yogurt dip.

### **Soup-in-a-Jar**

October 10        Learn the basics of developing soup flavor, vegetable preparation, and safe food  
\$35              storage. Kids will build a delicious, just add water, noodle soup kit that they can make  
now and eater later.

### **Bread Basics**

October 24        Kids learn the basics of yeast breads — leavening, mixing, kneading, proofing,  
\$35              shaping rolls. Kids will leave with fresh soft dinner roles and a real sense of “I made  
bread!”

### **Soup-in-a-Jar**

November 7        Learn the basics of developing soup flavor, vegetable preparation, and safe food  
\$35              storage. Kids will build a delicious, just add water, noodle soup kit that they can make  
now and eater later.

### **Orchard Fruit “Chop Chop”**

November 14      A confidence-building produce class focused on safe cutting, tasting, and making fruit  
\$35              look fun. We’ll prepare an apple and pear fruit salad with a honey-lemon yogurt dip.

### **Holiday Cupcakes & Cookies**

December 5        A festive baking and decorating class — kids will learn batter mixing, bake timing,  
\$35              and simple frosting and decoration skills. Kids will create holiday season inspired  
cupcakes and cookies.

### **Holiday Cupcakes & Cookies**

December 12      A festive baking and decorating class — kids will learn batter mixing, bake timing,  
\$35              and simple frosting and decoration skills. Kids will create holiday season inspired  
cupcakes and cookies.

**Classes are for children ages 5-11. Parents must participate.**

# Family Cooking Classes

## Family Meal Prep 101

April 11  
\$45 Families cook together and learn a repeatable weeknight system — one base meal, portioning, and storage that reduces stress. We'll cook sheet-pan chicken with vegetables and rice.

## Family Pasta Night

April 18  
\$45 A teamwork class — great for building effective and enjoyable family kitchen routines. We'll mix dough, roll, cut, and cook pasta together along with a simple and delicious marinara sauce.

## Cooked Salmon Sushi Night

May 2  
\$45 A fun family food night that teaches rice cooking technique and rolling skills without raw fish. Together we'll prepre cooked salmon and cucumber rolls with a fresh dipping sauce.

## Pasta Night — Level Up

May 16  
\$45 A quick “upgrade” pasta class building upon foundational pasta skills that teaches how to make a creamy sauce and balance flavor with salt, fat, and acid. We'll cook pasta with a creamy lemon herb sauce.

## Build-the-Best Burger Night

May 30  
\$45 A classic family favorite — learn how to safely handle raw beef, season meat, form patties, and cook juicy burgers with fresh and pantry toppings, plus a side of crispy oven fries.

## Sourdough Pizza + Seasonal Toppings

June 13  
\$45 A family-friendly pizza class with an easy, forgiving, overnight sourdough method and seasonal toppings. Learn how to make the dough, stretch the crust and bake a delicious pizza.

## Cooked Salmon Sushi Night

June 27  
\$45 A fun family food night that teaches rice cooking technique and rolling skills without raw fish. Together we'll prepre cooked salmon and cucumber rolls with a fresh dipping sauce.

## Sourdough Pizza + Seasonal Toppings

July 11  
\$45 A family-friendly pizza class with an easy, forgiving, overnight sourdough method and seasonal toppings. Learn how to make the dough, stretch the crust and bake a delicious pizza.

## Air Fryer Weeknight Wins

July 25  
\$45 Quick meals families actually repeat — crispy results, simple vegetable sides, and smart timing. We'll prepare crispy air fryer salmon bites (with an oven cooking option) and quick slaw.

## Build-the-Best Burger Night

August 8  
\$45 A classic family favorite — learn how to safely handle raw beef, season meat, form patties, and cook juicy burgers with fresh and pantry toppings, plus a side of crispy oven fries.

## Family Pasta Night

August 22      A teamwork class — great for building effective and enjoyable family kitchen routines.  
\$45              We'll mix dough, roll, cut, and cook pasta together along with a simple and delicious  
                     marinara sauce.

## Family Meal Prep 101

September 12      Families cook together and learn a repeatable weeknight system — one base meal,  
\$45              portioning, and storage that reduces stress. We'll cook sheet-pan chicken with  
                     vegetables and rice.

## Pasta Night — Level Up

September 26      A quick “upgrade” pasta class building upon foundational pasta skills that teaches  
\$45              how to make a creamy sauce and balance flavor with salt, fat, and acid. We'll cook  
                     pasta with a creamy lemon herb sauce.

## Taste of the Coast Chowder Cookoff

October 10        Comfort food meets teamwork. Families will learn soup technique and build a salmon  
\$45              corn chowder together. Instructors will offer each family “cookoff” style feedback and  
                     provide suggestions for how to level-up chowder in the future.

## Air Fryer Weeknight Wins

October 24        Quick meals families actually repeat — crispy results, simple vegetable sides, and  
\$45              smart timing. We'll prepare crispy air fryer salmon bites (with an oven cooking option)  
                     and quick slaw.

## PNW Style Great Giving Dinner

November 7        A family holiday-style meal class — learn a simple, repeatable method for a main  
\$45              dish and gravy. We'll cook herb-roasted turkey breast and pan gravy, and discuss  
                     complementary sides.

## PNW Style Great Giving Dinner

November 14       A family holiday-style meal class — learn a simple, repeatable method for a main  
\$45              dish and gravy. We'll cook herb-roasted turkey breast and pan gravy, and discuss  
                     complementary sides.

## Holiday Baking & Gifts

December 5        A warm, festive class focused on baking basics, food safety, and packaging treats for  
\$45              giving gifts made with love. We'll bake gift-box classic chocolate chip cookies ready to  
                     be shared with your loved ones.

## Holiday Baking & Gifts

December 12       A warm, festive class focused on baking basics, food safety, and packaging treats for  
\$45              giving gifts made with love. We'll bake gift-box classic chocolate chip cookies ready to  
                     be shared with your loved ones.

One ticket per family member.



Register today at  
[www.feedthemass.org/education](http://www.feedthemass.org/education)

Discounted tickets for members of marginalized communities,  
SNAP recipients, and individuals facing financial hardship.

(971) 350-8291

[education@feedthemass.com](mailto:education@feedthemass.com)