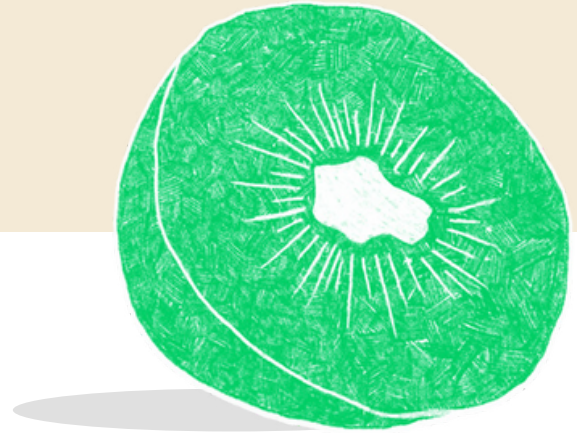


# nourish

## 2025 WELLNESS CATALOG OF SERVICES

# Do you know...



**what 2000mg of salt  
really looks like?**

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**how to grow your own  
seasonings?**

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**that roasting vs. boiling  
Brussels sprouts unlocks  
the most flavor?**

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**Do your employees?**

## **A DEEP-ROOTED CHALLENGE**

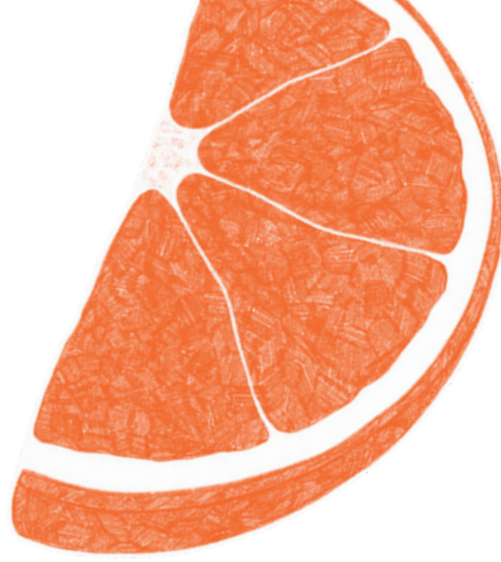
As our world caters to a culture of faster and now and the miles between farm to fork grow, cooking and gardening are less-than-common knowledge. The food we eat is often as foreign as what to do with it.

Over the last decade, Texas has been battling an obesity epidemic with staggering rates of chronic health issues such as diabetes, cardiovascular disease, and stroke—some of the leading causes of preventable death. More than one third of all adults in Texas are obese, ranking Texas eighth highest among states in the U.S.

## **A HANDS-ON SOLUTION**

Behaviorally-based nutrition education classes with cooking lessons have shown to be an effective way to improve health for individuals and families. The Nourish program's state-of-the-art training and educational facilities utilize "seed-to-plate" prevention curricula that enhances the learning of strategies associated with successful behavior change as it relates to chronic disease.

# HOW GOOD FOOD WORKS



From the garden to the kitchen to the comfort of your office.

## **WORKSITE WELLNESS PROGRAM**

Nourish teaches your team how to unlock the remarkable potential of what we eat, celebrating both the emotional and functional role food plays in our lives.

With an emphasis on hands-on techniques rooted in the belief that we learn best by doing, Nourish worksite wellness classes are tailored to your team and taught by our registered dietitian nutritionists, chefs, and behavioral scientists.

## **NOURISH TEACHING GARDEN CLASSES**

Team members practice and learn how to grow what we eat seasonally and sustainably.

## **NOURISH TEACHING KITCHEN CLASSES**

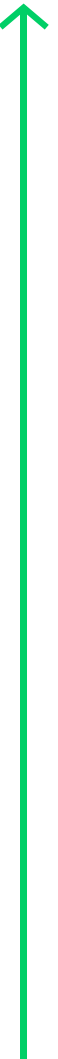
Team members learn how to make healthy food taste delicious, translating nutrition science into practical and personalized advice.

## **TRAVELING TEACHING CLASSES**

We tailor our world to yours and bring the classroom to you, conducting in-house culinary and nutrition education classes



Want more dirt? | [nourish@uth.tmc.edu](mailto:nourish@uth.tmc.edu)



# Holistic Garden




# CONTAINER GARDEN WORKSHOP


## Learn the basics of gardening in small spaces


Our instructors will teach your team how to grow fragrant herbs and vegetables in containers. Materials and plants for this class are included with registration.

 **Time frame:** 60 minutes

 **Cost:** \$20/pp

 **Extras:**  
Select from different themed container gardens such as a pizza garden, herbal tea garden, salsa garden, or pasta garden at no additional cost - season dependent

 **Best for:**  
Team building and employee wellness

 **Event size:**  
Minimum of 10,  
maximum of 15  
participants





# Nourish Research and Demonstration Kitchen

Our kitchen provides experiential learning opportunities for students, professionals, and community members to cook healthy food and communicate nutrition principles in **practical hands-on terms.**




# COOKING DEMONSTRATIONS (IN-PERSON)


## Learn how to prepare different healthy recipes with garden items


Our instructors will show you how to prepare different recipes, while you sit back and relax. A sampling of the final menu will be offered.

 **Time frame:** 60 minutes

 **Cost:**  
External Groups: \$60/pp

 **Extras:**  
Take home specialty items (herbed oil, dried herbs, spice blends, etc.) from \$5-\$10 each

 **Best for:**  
Team building, employee appreciation, employee wellness, lunch & learn activities

 **Event size:**  
Minimum of 10,  
and maximum of  
20 participants



# COOKING DEMONSTRATIONS (VIRTUAL)

**Learn how to prepare healthy recipes,  
without traveling to our location**

Our instructors will show your team how to prepare different recipes during a live-streamed demonstration. This is a great option for groups to learn a new recipe or cooking technique.

 **Time Frame:**

1 hour

 **Event size:**

Unlimited - streamed via WebEx

 **Cost:**

\$450

 **Best For:**

Large groups, lunch & learn activities, employee wellness





# VIRTUAL COOK ALONG CLASS

## Learn healthy cooking techniques for disease-specific diets and other diet-related medical issues

Cook along from the comfort of your home kitchen with our cooking class streamed live via WebEx. Classes are led by Nourish chef/dietitians, recipes, handouts, and two RD/CHES CEUs are included. Participants will be expected to purchase ingredients ahead of time.



### **Time Frame:**

1.5 hours



### **Cost:**

\$600



### **Event size:**

Unlimited - streamed via WebEx



### **Best For:**

Large groups, employee wellness, health awareness months

# IN PERSON COOKING CLASSES

**Learn to prepare delicious plant-forward recipes in our state-of-the-art teaching kitchen - led by our Nourish Dietitians.**

Classes are led by Nourish chef/dietitians and feature seasonal vegetables available in the Holistic Garden. Participants will enjoy the meal they create.

 **Time Frame:**

2 hours

 **Cost:**

\$104 per person

 **Event size:**

Minimum of 8, maximum of 25

 **Extras:**

Welcome snacks offered upon arrival;  
adjacent room available for presentations  
and networking

 **Best For:**

Team building, department  
retreats, wellness-focused  
holiday party



# Lectures and Workshops








Participants will learn the practical tools and skills to not just boost their **productivity** and **energy levels** at work, but enjoy a better quality of life outside of work, leading to a better **work-life balance**.

# LECTURES

**Your group has questions – our culinary dietitians have answers. Learn about various nutrition topics through our food-first lens.**

Our team of culinary dietitians and nutritionists can break down the science into easy-to-understand discussions on your topic of interest.

-  **Time Frame:**  
60 minutes
-  **Cost:**  
\$500
-  **Event size:**  
Dependent on venue
-  **Best for:**  
Team meetings, employee wellness, team retreats
-  **Sample topics:**
  - Nutrition Basics
  - Nutrition for Diabetes
  - Healthy Snacking
  - Mindful Eating Practices

# WORKSHOPS

## For those looking for a more hands-on experience

Workshops combine a short topic presentation with a hands-on activity. Whether your group is looking to learn about easy on-the-go snacks or flavorful dressings to level-up any bowl, our culinary dietitians and nutritionists can meet them where they are for a fun and tasty experience.



**Time Frame:**

1 hour



**Cost:**

\$1,000



**Event size:**

Dependent on venue



**Best For:**

Employee wellness, team retreats, conference wellness activities, team building



# CONTACT US

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**[nourishprogram.org](https://nourishprogram.org)**



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# nourish

 UTHealth<sup>®</sup> Houston  
School of Public Health

  
MICHAEL & SUSAN DELL  
CENTER *for* HEALTHY LIVING