



Workshop Series Guidelines

Purpose: To adhere to the Eat Well values of “*Inclusion, Resiliency, Community, Environment, Participation and Empowerment,*” **Kingston Cooks** workshops will follow a set of guidelines. This will help to establish expectations and communicate promises to community members who attend a workshop from this series.

Guideline 1: Cooking workshops should support an overall sense of health and well-being through mostly healthy cooking methods and ingredients.

We understand that “healthy” means different things for different people, so please see our guiding principles for more information. In this case, we utilize the USDA Dietary Guidelines for Americans as a starting point, but also recognize and celebrate the many other cultural pathways to health. For these workshops, we take a broad and inclusive approach that generally means the following:

1A. Ingredients

Focus on mostly whole ingredients, such as fruits and vegetables and whole grains, when possible and appropriate.

1B. Cooking methods

Primarily use cooking methods and recipes that do not use large amounts of saturated fat, sodium, and added sugar.

Guideline 2: Recipes taught should be approachable and accessible.

2A. Ingredients

This means avoiding very long ingredient lists. A “short” ingredient list includes no more than 7, maybe 10 ingredients, not including oil and spices. It is preferable to highlight at least 1-2 locally grown ingredients, when possible.

2B. Equipment

They should also mostly use standard kitchen equipment, such as basic pots, pans, mixing utensils, and measuring cups. If using a unique piece of equipment is one of the highlights of the workshops, alternative equipment or methods of preparation should be offered.

2C. Cost

Avoid using very costly ingredients. If a costly ingredient is used in a recipe, offer a more cost affordable alternative for at home.

Guideline 3: Workshops should be convenient to fit into busy schedules.

3A. Length

In general, workshops should be around 2-2 ½ hours, including time for the shared meal.

3B. Timing

The day of the week, and the time of day, will depend on who the workshop is intended for.

Guideline 4: Workshops should be hands-on and conclude with a substantial amount of food prepared to either share as a meal, or take home.

To support equity and accessibility, all workshops should include the preparation of a substantial amount of food. Workshops should not only include samples for participants to taste. For most workshops, this will likely look like concluding with a shared “family” meal.

However, this guideline can be flexible if the workshop’s primary objective is to teach a preservation or a meal planning method. In those situations, the workshops might not end with a meal to be shared immediately, but should end with an equivalent amount of food for participants to take home.

Guideline 5: Food safety is paramount to a successful workshop and meal.

5A. Food Prep and Storage

All workshops should follow all standard food safety guidelines and clearly communicate food safety information throughout the workshop period.

5B. Food Allergens

Be upfront and transparent about all potential food allergens. At minimum, information should be communicated in advance about any ingredients that fall under the [FDA's Major 9 Allergens](#) categories.

Guideline 6: All hosts and instructors should agree to and follow the Guiding Principles.

The Guiding Principles are a shared understanding and commitment to intentionally creating a safe, supportive, and inclusive space for people of all backgrounds and relationships with food and their bodies. They include shared understandings like “health disparities exist” and shared agreements like “joy is the most important nutrient.” See the Kingston Cooks Guiding Principles document for further details.

For more information, contact:

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