

LUNCH & LEARN

with KCKPL



Main Library
625 Minnesota Ave. KCK 66101
913-295-8250 x1

Join foodie **Vanessa Young**, founder of **Thirsty Radish**, with her inspiring and creative approach to life in and out of the kitchen with healthy and seasonally focused recipes for the home chef. www.thirstyradish.com



Friday, October 8 @ Noon

Simplify Weekly Meal Planning

Are you bored with your meal choices? Would you like to make cooking and meal planning less stressful? In this class you will learn tips, strategies, and recipes for delicious weekly meals. **Zoom link in our calendar of events.**



Friday, October 22 @ Noon

Plant-Forward Cooking: Nourish Yourself with the Goodness of Plants

Learn to incorporate more vegetables, beans, fruits, whole grains, and other plants into your meals through satisfying recipes, methods of preparation, and practical lifestyle strategies. **Zoom link in our calendar of events.**



Friday, November 12 @ Noon

Seasonal Mocktails

Flavorful and sophisticated non-alcoholic drinks are perfect for entertaining and everyday enjoyment. Learn about the art of making drinks, syrups, infusions, and edible garnishes. **Zoom link in our calendar of events.**



Friday, November 19 @ Noon

The Art of Coziness: Food, Holistic Strategies, & Seasonal Tips for a Cozier Life

Embrace the season in a uniquely cozy way with practical tips to support comfort and happiness at home. **Zoom link in our calendar of events.**