



Current Class & Event Descriptions

Join us for classes and activities offered regularly to learn the beautiful truth about food as well as special and seasonal events throughout the year! Spaces are limited, so please register.

Better Breakfasts & Baking

Start your day the nutrient-dense way! Enjoy coffee and tea, samples of better baking, and/or juices and smoothies. You won't want to miss insights into sustainable substitutions.

Signature Nutrition Program for Canopy Cancer Patients: Plan. Prep. Eat. Repeat.

Learn HOW to eat better! Receive practical insights from signature curriculum teaching the truth about better ingredients for optimal health and cancer prevention. First Wednesday of the month classes will be hosted at Canopy Cancer Survivorship Center at Memorial Hermann in The Woodlands, Texas.

Signature Nutrition Program for Our Community: Plan. Prep. Eat. Repeat.

Gain the wisdom to plan, prepare, and eat nutrient-dense food that works for your body and not against it. We aim to prevent "common" but not normal ailments like diabetes, heart disease, and cancer one ingredient at a time. Offered once per month with the option to add cooking demonstrations to the program.

Cook Through the Book & Demos

Participate in cooking demonstrations and interactive conversations with Michelle Keyes to learn, taste, and prepare meals for optimal health based on her latest cookbook, *What's on Your Plate*. Large batch recipes utilizing a crockpot/instant pot will showcase purposeful food prep with portions.

Cooking Classes

Enjoy fun and food crafting with themed meals to celebrate seasonal events and occasions! We offer cooking classes and holiday experiences throughout the year. For just adults and sometimes for a parent-child outing, join host Michelle Keyes for a cooking class to experience the art of cooking!

Meal Training

Most are familiar with the meal train, where others drop off a meal. Our meal training events produce several meals for patients in active treatment. You and your team come together to make large batch meals that can be frozen and enjoyed when needed. *Your team sponsors the groceries and future meal trainings.

Kids Summer Camps

Weeklong summer camps (M-Th) for young chefs. Sign your kids up for summer fun and education on what food does for and against our bodies. Learn basic culinary skills, table etiquette, and meal preparation. Our ingredients are nutrient-dense, mostly organic, and never GMO. Kids will need an appetite for learning, a great attitude, and their own knife with a sleeve/cover.

Coffee & Conversation with Michelle Keyes

Enjoy personal interaction and coaching with Michelle Keyes in the kitchen to answer questions and gain wisdom for your own journey to wellness. Learn how to shop, chop, prepare, and plan healthy, balanced, nutrient-dense, and delicious food/snacks for your family.

Grocery Store Tours

Join Michelle Keyes to learn detailed and specialized instructions for decoding nutrition labels and locating healthy ingredients in the store. Shop smarter not harder avoiding one harmful ingredient at a time!

Pediatric Patients & Parents

Come visit, create a dish in the kitchen, and chat about goals while sharing community with others experiencing a similar journey. Interact with Michelle Keyes, who has been in your shoes.



REGISTER NOW:

WWW.THEKEYESINGREDIENTS.COM

La Bella Verita!

THE BEAUTIFUL TRUTH