

FAMILY COOKING CLASSES

Children & Parents



DETAILS

Chef Ingrid

About cooking ideas to:
-Reduce COVID weight gain
-Eat healthy even with inflation, food allergies, texture preferences or diabetes

Free Cooking Demonstration
March 14, 2026 & May 9, 2026

Location

La Tijera K-8 Academy of Excellence
Charter School Inglewood, CA

Time

12-2 pm



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Youthful Joy™
Foundation



Common Threads
COOKING FOR LIFE



REGISTRATION
FORM

<https://forms.gle/kj7tuu5J3ivCiwH79Y>

Precautions

*Masks are optional
*Please do not attend if have fever or sick on the day of this event