Learn how to prepare nutritious and delicious foods that are good for your health! Cooking demonstrations will be conducted by Yumi Petrisko, FitLife’s Registered Dietitian, who will show you how easy it can be to prepare healthy and tasty food. Each class will include a live demonstration, discussion of the ingredients and cooking methods, tasting, and healthy recipes.

FitLife cooking demonstrations are designed to last one hour and will be held in the Wellness Studio at RIMAC. Pricing is as follows:

- Student cooking demonstration: $110 + $5 per person (8 minimum, 15 maximum)
- Faculty/Staff cooking demonstration: $145 + $5 per person (8 minimum, 15 maximum)

Please contact Yumi Petrisko, MS, RD, CSSD at mpetrisko@ucsd.edu or 858-822-0372 for more information or to schedule a cooking demonstration.

One-Pot Meals
Favorite Party Dips
Mexican Fiesta
Italian Favorites
Vegetarian Delights
Tour of Asia
Spanish Tapas
Healthy Breakfast

Spring/Summer Classes
Perfect Picnic
Summer BBQ Side Dishes
Main Course Salads
Sliders and Slaw

Fall/Winter Classes
Football Food
Hearty and Healthy Stews
Holiday Classics
Not Your Grandma’s Casserole

COOKING CLASSES

SEASONAL COOKING DEMONSTRATIONS