



WORKPLACE FOOD + WELLBEING PROGRAMS

FOOD + WELLBEING MATTERS

The link between food and wellbeing is undeniable. This is why, at Light Work Kitchens, we provide fun and informational programming, all with the goal of promoting wellness. Our interactive, food-focused programs include tasty recipes paired with the latest nutrition research, and presented with chef expertise.

PROGRAM EXAMPLES

Virtual programs include both nutrition info and recipe demos, and are customized for each team. Some of the most popular topics are:

- **FOOD MOOD:** Exploring the link between our FOOD and our MOOD, and cooking up some positivity boosters
- **Snack Attack!** Reviewing the best ways to eat outside of mealtimes, then making some satisfying snacks
- **Food Everlasting:** What can we learn about food from some of earth's oldest people? Let's find out - and cook what they are eating
- **Kitchen 101:** tips and tricks for tastier (and easier) home cooked meals
- **Immune Boosters:** Using food to support your immunity



ABOUT LWK

Light Work Kitchens was founded in 2021 by Chef Molly McGrath to provide fun, interactive events that highlight the link between food and wellbeing. Molly studied Culinary Arts at The Culinary Institute of America, Health Coaching at the Institute of Integrative Nutrition, and Communications at Northwestern University. Her programs have been enjoyed by groups at Deloitte, McKinsey, Storck USA, Vendavo, and Cohesity among others.

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