



Cook Well and Live Healthy – UC Virtual Cooking Demo Series

GET COOKING IDEAS AND TIPS TO EAT HEALTHIER AND ENHANCE YOUR WELL-BEING

Join us for an exciting series of **live virtual cooking demonstrations!** The series is designed to inspire healthier habits and make cooking at home simple, fun and **quite tasty**. It combines expert nutrition guidance with hands-on culinary passion – a must for all who love to cook or want to learn.



What to expect

- **Five live online sessions**
Get simple, useful cooking ideas to support your well-being
- **One-hour demos (Noon – 1:00 p.m. Pacific time)**
Sessions that easily fit into your day
- **Join from anywhere!**
Hosted via Zoom



Learn from an expert

Each session features:

- A **live cooking show with Chef Britta Kramer**
- Nutrition tips and insights
- Easy-to-follow recipes that use **common ingredients**



Simple, seasonal and practical

- **Recipes designed for real life** – quick meals, delicious and nutritious
- **Seasonal themes** like fall favorites and holiday dishes
- Option to **cook along or simply watch and learn**



What you'll receive

- **Recipes and ingredient lists** to help you prepare
- **Tips to support** healthy eating at home
- Access to **session recordings** if you can't attend live



How to join

- **Registration is required**
- **Sign up** for one or all the sessions
- **All are welcome**

Scheduled sessions

Click a link below to sign up

July 28, 2026

**Noon – 1:00 p.m.
Pacific time (PT)**

Theme: Energizing Breakfasts for Busy Mornings (no cook)

Start your day with healthy breakfasts that can be prepared in advance! Meals to give you steady energy, focus and top performance throughout the morning.

August 6, 2026

Noon – 1:00 p.m. PT

Theme: The No-Cook Lunch Formula (no cook)

Create tasty, protein-packed lunches without turning on the stove. Perfect for busy schedules and meal prepping.

September 17, 2026

Noon – 1:00 p.m. PT

Theme: Back-to-School Meal Prep

Simple recipes designed to make busy weekdays easier! Create healthy breakfasts and dinners the whole family can enjoy.



September 29, 2026

Noon – 1:00 p.m. PT

Theme: Cooking Across Cultures

Travel the world through food! Explore simple recipes inspired by Mediterranean and Eastern European cuisines. Plus learn about the traditions that make them unique.

October 20, 2026

Noon – 1:00 p.m. PT

Theme: Healthy Holiday Swaps

Celebrate the season with wholesome recipes. Perfect for holiday parties while the prep remains simple and stress-free.



Health Net has teamed up with Sharecare, to create this program to support your wellness. **Create your account or log in** to view other programs, resources and more.

Visit **healthnet.sharecare.com** to learn more.