



2026 Thrive Kitchen at Home

Classes are on Wednesdays from 6:30-8:30 p.m.

Jan 7th	Soups & Salads: Flavors of Italy
Feb 11th	Eat Your Greens!
Mar 18th	Spring Vegetables
Apr 8th	Cooking to Reduce Food Waste
May 6th	Healthy Asian Cooking
Jun 17th	Flavors of the Mediterranean: Morocco
Jul 8th	Spanish Summer
Aug 5th	Easy Weeknight Cooking: Global Grain Salads
Sept 9th	Plantbased Pozole and Ceviche
Oct 14th	Everything Pumpkin
Nov 4th	Plantbased Thanksgiving
Dec 2nd	Holiday Appetizer Party

To register, call the Health Education Department at (415)833-3450 or email: SFHealthEd@kp.org

Fee: No Fee for KP Members
\$20 Non-Members

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