



Keys to Abundant Life Inc.
17-Day Wellness Series of Culinary for
YPS Summer Program

Proposal:

Keys to Abundant Life, Inc. (Keys) offers a variety of services that cater to the health and well-being of individuals. Keys proposes 30 sessions during the months of July-August 2024 (Culinary) in Yonkers Summer program. Classes will be provided in-person. All supplies/materials will be provided for the participants.

Keys to Abundant Life's mission:

To empower individuals to live healthier and happier lives by teaching healthy culinary classes and practical lifestyle skills.

Keys to Abundant Life's background:

Keys was founded in 2005 to provide a life-changing journey to optimal health. Keys is based on the idea that everyone is completely intelligent. We act as catalysts to optimal health. New eating habits are taught through a gradual introduction of healthy, tasty foods in our healthy cooking classes. We also provide enrichment and physical fitness activities such as jewelry-making, art and yoga to allow our participants to express their emotions and improve their physical and mental health. Direct connections between food and energy, feelings, and diseases/ailments are learned.

Benefits to Participants:

- Increase knowledge of different healthy foods
- Enjoyable alternatives to unhealthy food
- Stress reliever by allowing participants to focus on eating foods that promote relaxation
- Supportive environment where teamwork is encouraged
- Creativity is nurtured
- Healthier lifestyle by encouraging proper nutrition, hydration, and rest, leading to overall well-being and longevity.



Desired outcomes

- Identify three new healthy foods
- Increase knowledge about socio-emotional health
- Increase vocabulary, especially as related to nutrition
- Increase culinary skills
- Encourage cultural exploration

The Plan:

Keys to Abundant Life Inc. plans to improve culinary skills and help increase nutrition and food knowledge of the participants. The culinary program will take place for two - three weeks from July - August, from July 2024 - August 2024 from 8:15 am – 1:00 pm. Keys will be supplying all of the materials for the classes – supplies, food, lessons and the instructor. YPS Summer Program is to provide us with the participants.

General Outline and Cost:

Culinary

- 15-day culinary series (30 two-hour workshops) - \$28,500 (\$950/workshop), Days tbd, starting July 2024, 8:15 am - 1:00 pm

Total: \$28,500