



The **R&DE Teaching Kitchen** is inspiring change through food education. Culinary classes provide an opportunity to build life skills and create a culture of health and wellness through the joy of cooking. It also offers a variety of single cooking classes for students, faculty and staff.

Most popular, the Cardinal Cooks! course, an eight-week, hands-on program helping individuals master their home-chef skills and step up their cooking game. Through simple, delicious recipes, students learn knife skills, from-scratch soups and sauces, and much more.

“We fundamentally believe in educating students about building healthy eating habits through the use of healthy cooking techniques and sustainable ingredients, and we passionately believe that cooking classes can lead to better habits for a healthier life through developing cooking knowledge and skills.” – Eric Montell, executive director of R&DE Stanford Dining

The R&DE Teaching Kitchen is located in Arrillaga Family Dining Commons. Courses are offered throughout the academic year. Additionally, private classes for staff and student groups are available by request.



Contact teachingkitchen@stanford.edu for more information.