



## ORGANIZATIONS' OVERVIEW

Elegant Bouquet Kitchen, Inc. [EBK] is a New Jersey organization specializing in sustainability, education, wellness, and nutrition with "Health, Love and Community" in mind. Equality vs Equity is a factor that Blacks and Latinx communities encounter nationally, more than 33 million people, and 5 million children have food insecurities post the 2019 pandemic according to usda.gov. Through hands on learning, participants will become better informed about STEAM, how to grow produce free of pesticide, and prepare healthy meals to combat diabetes, obesity, heart disease, and other major illnesses related to poor dieting.

We certify national food safety & facilities managers. Book your next educational cooking demonstration, catered event, and try our delish array of vinaigrettes. If you are interested call NOW!



CALL:  
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NUTRITIONAL GARDEN TO TABLE  
EXPERIENCE

# ELEGANT BOUQUET KITCHEN, INC.

~An organization educating communities  
faced with disparities local and global~







## ORGANIZATIONS' PROGRAMS

### EBK Programs

Part 1: Nutrition education, which includes learning how to properly read labels and better understand food science, so participants are equipped with the necessary tools to make healthier food choices and prepare nutritious meals. Additionally, youth will learn food safety, biological contaminants, cleanliness of the kitchen.

Part 2: Entering **"Garden to Kitchen"** program, participants will be introduced to horticulture, the art or practice of garden cultivation and management. Community garden and farm tours will also be coordinated where participants will not only become more knowledgeable about how food is grown organically, but also to help encourage the purchasing of locally grown produce.



Part 3: **"Social Etiquette"** program consists of table setting, using appropriate language for that occasion, the do's and don'ts while dining, table manners, grooming appropriately for that occasion, and how essential it is to tip when receiving a service.

Part 4: **"Internship" and "Volunteerism"** program consists of placing participants either in a farm or restaurant to gain additional hands-on experience in a more professional environment and to receive mentorship from leaders in the areas of farming and restaurateur.

Servsafe Food Safety Manager certifications. Inquire today!!



**"Why should there be hunger and deprivation in any land, at any city, at any table when man has the resources and the scientific know how to provide all mankind with the necessities of life? There is no deficit in resources. The deficit is in human will."**

- Dr. Martin Luther King -





