



The Sharp Truth: How Mastering Knife Skills Changes Everything

From less mess to better flavor - we make cooking easy, safe and fun!

Wednesday, December 3 | noon - 1 p.m., EST

Speaker: Jim Perko, CEC, AAC

Location: Virtual | ccemployeewellness.com/wellness-insider

Objectives:

1. Identify the top five essential kitchen knives, their variations and appropriate cutting boards.
2. Display proper knife handling, knife cuts, honing and sharpening skills.
3. Demonstrate key professional knife cuts that every cook should master.

All caregivers are welcome to attend this presentation.