



harmony
FOOD CO-OP
Education Classes

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About our Classes

Welcome to Harmony Co-op's community education classes!

Our classes are designed to help our attendees learn new skills, meet new people, and build community. 🌱👐

Classes cover a range of topics, from hands-on cooking to nutrition to gardening. We believe that everyone has something to teach and something to learn, and we're excited to be a space where all people can come together to share our collective knowledge and experience.

Our hands-on cooking classes are all about feeling confident enough to try recipes and learn the process, rather than creating a full meal during the class. We're here to help folks enjoy the process of cooking and gain new skills that they can bring home- wherever that is!

Whether you're looking to improve your cooking skills, learn about sustainable living, or simply meet new people, we have a class for you. We're committed to providing affordable, accessible education that benefits both individuals and the community as a whole.

It's even a part of our end statements: "Harmony Coop provides our community with educational opportunities about the benefits of locally and organically-sourced products, cooperative principles and nutritious eating."

All are welcome at Harmony, and Diversity and Inclusion are fundamental values at Harmony that we seek to embody and bring to our community. Just as we strive to support and provide biodiversity and health through the products we carry... we Celebrate and support diversity and equity throughout our Community! Through shopping in our store, joining us for classes, or becoming an owner, you support important efforts of inclusion, giving back, and supporting our local economy. Harmony Co-op proudly celebrates inclusive holidays like Pride, Juneteenth, Indigenous People's Day, and more! We welcome you to the table.

We hope you'll join us for one of our upcoming classes and see for yourself what our community education program has to offer!