

KALON COLLECTIVE

NOURISH · EMPOWER · EDUCATE

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SERVICES

Cooking 101

We will work with you to build your cooking skills, face challenging spaces in the kitchen, learn the skills to organize your own kitchen and pantry, and incorporate new cooking ingredients.

Grocery Tours

Together we will tackle the challenges that are present when you walk into a grocery store, such as fixating on nutrition labels, fear of certain sections, time management, food comparisons, etc.

Meal Planning

Our consultant will help you create weekly grocery lists, meal ideas, find recipes, and discuss ways to incorporate food challenges. You will discuss practical ways to meet your recommended meal plan/goals that incorporate foods you enjoy and that fit with your school, work, and social schedule.

B.Y.O.M. (Bring Your Own Meal)

This service is an opportunity to bring your own meal and have it assessed within a supportive environment. We will support and challenge you with identifying what you like, what makes sense, and work through the challenges that arise throughout the process; rigidity, portioning, completion, normativity, etc.

Fear Food Exposure

Ideal for those who have fear foods and who would need to have support in cooking and eating these foods. The goal of fear food exposure is to start breaking down the barriers of those challenge foods to create more variety in your meal plan.

Restaurant Support

Helpful for those who need practice with ordering meals at restaurants, support in challenging fear foods, accountability while trying new menus, and facing challenges that may arise in a possibly overwhelming environment.

CULINARY CONSULTING

At Kalon Collective, we aim to provide quality and comprehensive culinary services in order to help all of our clients feel confident in the kitchen and comfortable around all foods. Our mission is to educate, support and empower our clients in their recovery and fill the gap between planning and practice. We work directly with registered dietitians to make sure that the services we are providing will be individualized and in line with our client's nutritional goals.

