

Welcome to 18th St. Kitchen Online at 18 Reasons!

Whether you have a marble kitchen island with a gas range, or your kitchen is the size of a closet with one fridge for 5 adults, our goal is universal: to create a delicious meal to feed yourself and the people around you. We are excited to welcome you into our own kitchens (virtually) to cook and learn together! We hope to create the same community atmosphere as if we were all sitting around a table, to tap into our teachers' expertise to teach you replicable and inspiring new recipes, and to increase your confidence and creativity in your kitchen!

What to Expect as an Online Student

Our 2-2.5 hour classes are *fully interactive* with an Instructor, a Facilitator, and up to twelve student screens. The Instructor teaches the class while students follow along step-by-step in their own kitchens. The Facilitator functions as “mission control” to make your experience as seamless and personal as possible. The Instructor will be “spotlighted” the majority of class, so students can see all demonstrations. However, the Facilitator will be in “gallery view” to see all student activity. Students will be muted for much of class, but the Facilitator will unmute as needed, so students can ask questions in real time, show their products to troubleshoot or showcase, and to interact with the Instructor. This serves a dual purpose, allowing the Instructor to demonstrate with occasional interruptions for questions, and to keep communications hands-free for sanitation purposes. Since there will be a number of students in the class, the Facilitator manages the flow of class, allowing everyone to progress through class together.

Though we are here to provide as much support as we can, it is ultimately the responsibility of the participant to access the Zoom session once class has begun. 18 Reasons staff can assist and troubleshoot any difficulties leading up to the start of class; however, we will not be able to assist after the designated start time since our focus will be on the Zoom session.

How to Prepare for an Online Cooking Class

Step 1) Visit the page with the class description and menu to find the ingredient and equipment list for your specific class. See example below. If it's not yet posted, check the page again. If you register without seeing the list, the Facilitator will email it to you. We aim to have this information posted a 1+ week before class.

Menu:

Crispy baked tonkatsu

Tonkatsu sauce

Sengiri cabbage

Equipment and Shopping List for the class [found here](#) check before signing up for the class!



Step 2) Check your pantry and fridge for ingredients, and plan to add your additional ingredients to your next shopping trip or grocery order. Do you have questions about substitutions? Email info@18reasons.org for any questions. If you've already received an email from the Facilitator regarding class details, you can reply to the Facilitator's email to ask questions.

Step 3) Monitor your email 2-4 days before the class. The Facilitator will email students the recipe packet and the link to the Zoom session (see example below). The Facilitator will use the email address you entered in the checkout process on 18reasons.org. Check your junk/spam/event/promotions folders in case you can't find the email. The class title should be in the subject line. If you want to transfer your ticket to another person, email info@18reasons.org or the Facilitator to share the new person's name and email address.

Join Zoom Meeting

<https://us02web.zoom.us/j/83869955419?pwd=eWxCeUtMWUtzQURNMDUxdUYxczBsZz09>

Meeting ID: 838 6995 5419

Password: **TeenPanko**

Meeting Password



One tap mobile

+16699006833,,83869955419#,,#,466451# US (San Jose)

+14086380968,,83869955419#,,#,466451# US (San Jose)

Day of the class: Allot 30+ minutes before class starts for prep work. Gather your ingredients and equipment. Wash and dry all your produce, and pull out the ingredients and equipment so they are easily accessible. Some instructors will require you to prepare some of the ingredients beforehand (ex. cut chicken into cubes); this will be indicated in the posted shopping and equipment list. Read the recipes, so you can anticipate class happenings and think of questions to ask.

Completing these prep steps will allow the class to fit the scheduled time frame. For an example of how we prepare for these classes, look at photos from Chef Mike and his mise en place:



Pre-Class Virtual Waiting Room

The virtual waiting room will open 15 minutes before class begins. Logging in early will give you a chance to check your audio and video connection, though the host will not let you into the official session until the designated class start time.

Tips for Using Technology

Audio Best Practices:

- Wear headphones (cordless recommended), or connect a speaker to your device.
- Headphones will reduce background noise to isolate the Instructor and Facilitator's voice for more precise directions.
- Attaching a speaker to your sound output will amplify the sound so you can hear the Instructor over your sizzling onions or salsa verde blender.

Viewing Best Practices:

- Avoid having your back turned to the screen during class.
- Place your device as close to your workspace as possible. It's easier to view the Instructors' demo if your screen is close to where you stand.
- Make sure your devices are charged! We'd hate to lose you right when an Instructor is sharing their family secret to making the perfect dumpling filling.
- For older devices, battery lives might be short, so consider plugging your device into a power source throughout class.

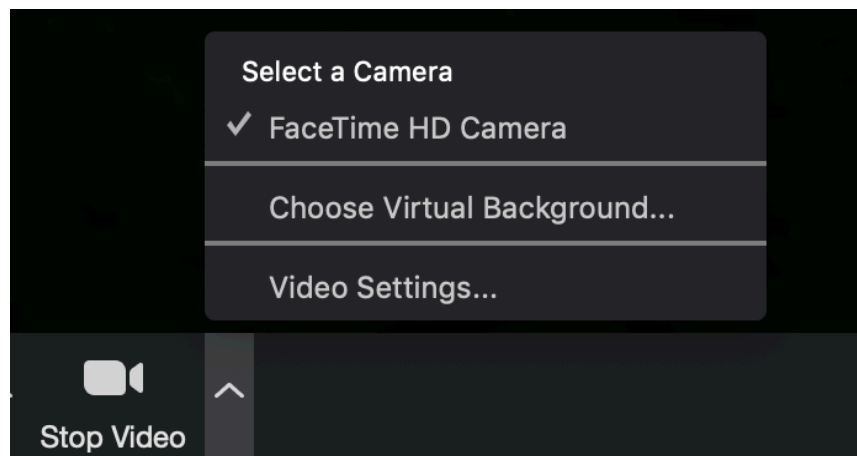
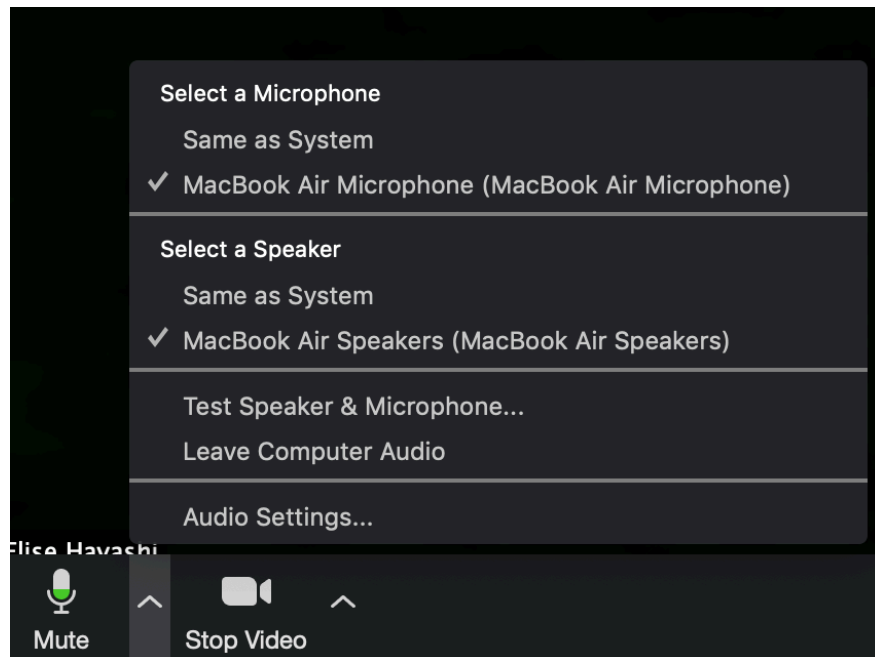
Troubleshooting Zoom

New to Zoom? Read a quick start guide from Zoom Support to familiarize yourself with the platform. [Click here.](#)

Sound and microphone:

In some cases, the Facilitator will not be able to unmute you. You can unmute yourself by locating this image in the bottom right corner and unmuting yourself, using the shortcut: “Shift” + “Command” + “A”, or holding down the “Space Bar” while you’re speaking.

Audio and camera aren’t working? Double check these icons on the bottom right hand corner of your screen to make sure your microphone, speaker, and video outputs are correctly connected to your devices.



Need to Cancel Your Registration?

View our full cancellation policy [here](#).