



Celeste Baer

CHEF | FOOD LITERACY EDUCATOR | NTP

COOKING CLASSES

Can cover any of the following: learn a few new techniques, knife skills, learn some new recipes for your family, picky eaters? new tricks, romantic evening for 2, or group cooking class for up to 6. I tailor all cooking lessons to the expectations and skill lessons of the client. After the lesson, enjoy a delicious, wholesome meal of the fresh food you just created.

GROCERY TOURS

Let us guide you through your favorite grocery retailer or market; we'll recommend products to fit your family and wellness goals.

We'll explain the various claims such as "All Natural, Organic, Gluten Free, Local, MSG Free, Low Sodium, or Sugar Free".

KITCHEN CLEAN-OUT

Looking to start over? We'll come over and help you decipher which options are better and which options are better left on the shelf. Perfect for a fresh start.

and more...

Please contact us directly for more information on speaking engagements, community classes, donations and other offerings.



ABOUT *Celeste*

Celeste Baer is a New Orleans based chef, specializing in artisanal, farm-to-table cuisine. Her background in the culinary industry along with certifications and studies as a nutritional therapy practitioner and the "Cookbook Project's Food Literacy Educator" have led her to follow her passion through food wellness. She loves working with families on building wholesome meals centered around love, bringing the dinner table back to the focus of the family. Celeste is the founder of "Bayou Baby Bites", a locally sourced line of baby purees and has been featured in New Orleans Entrepreneur Week's "The Big Idea" as well as the winner of the "NOLA Made" pitch competition and finalist in Propeller's "Living Well" competition. Celeste was trained at the Culinary Institute LeNotre in Houston, TX and then received her certification as a Nutrition Therapy Practitioner from the Nutritional Therapy Association.