

Program Offerings

Veggiecation Educators Training,
Certification & Facilitation

Healthy Kids Cooking Classes

Educational Resources

School Assemblies

Family Workshops

and much more!



About Veggiecation

Veggiecation was founded in 2009 by Lisa Suriano. After working in the school food industry for many years, Lisa saw a need to incorporate nutrition and culinary education lessons in schools.



Lisa R. Suriano, MS, Program Creator

Today, Veggiecation offers a variety of tools to incorporate vegetable education into your every day life. From healthy kids cooking classes and family workshops to educational posters and family recipe books.

Veggiecation is empowering people everywhere to cook fresh foods and eat a healthier diet!



*An evidence-based
culinary nutrition education program
that introduces young children
to the delicious and nutritious
world of vegetables.*

