



Healthy Meal Prep Workshop

CHEF WILL AND RACHEL BIRGE

Meet The Birges

MEALBOX is family owned and operated by husband-and-wife team Will & Rachel Birge. Will Birge is the Executive Chef and founder of MEALBOX. An Omaha native, Will attended Metro Culinary Institute with a passion for food and transformation since childhood. He worked at Kitchen Table, embracing the farm to table movement sourcing directly from local farmers, growing our local food ecosystem (Farm to Chef to Consumer) and supporting what's harvested in the natural land. Most recently Chef Will was Executive Chef at the Jackson Street Tavern most known for his flavor packed creative comfort food. In 2018, Will started Mealbox with the idea to deliver restaurant-quality, locally sourced, chef-inspired meals to the greater Omaha community. Will's wife Rachel Birge oversees all of the business operations outside of the kitchen. Rachel has her B.S. in Business Administration & Accounting and M.B.A. both from the University of Nebraska Omaha. After college Rachel worked in real estate finance and affordable housing for 14 years. In 2020, Rachel joined MEALBOX full time and has helped Will in tripling the business in the last few years through marketing, partnerships, geographical expansion, and winning cooking competitions. Will and Rachel recently welcomed a second daughter to their family and have 2 Great Pyrenees pups.

Details

- Thursday, January 23rd
- Noon until 1:00 pm



<https://unomaha.zoom.us/j/97667599130>

About MEALBOX

MEALBOX was created out of love for quality food and convenience. Many people don't know how to cook a gourmet meal and even more people don't have the time to shop, cook, and clean.

Chef Will wanted to bring Omaha a unique variety of easy-to-heat entrees aligned with his passion for sourcing local ingredients.

Each week a brand-new menu is posted with over a dozen meal options to choose from. People can mix & match meals or try a Meal Package such as the 5 Mealbox's or 5 Leanbox's for \$71.25 which includes free Omaha delivery. Leanbox's are specifically lower carb and zero added sugar dishes. Each meal is 1-2 servings depending on your appetite. They are fully prepped and can be heated in as quick as 2 minutes in a microwave. **Order by Monday nights for Sunday delivery to the greater Omaha area, Lincoln area, and Council Bluffs, Iowa.** Meals are good in the fridge for 6 days and are also freezer safe for those who want to stock up on their favorite meals. Order on our website

www.mealboxomaha.com and follow us on Facebook (www.facebook.com/chefwillbirge/) or Instagram (www.instagram.com/mealboxomaha/)

Our mission is delivering chef-crafted meals for the week to the greater metropolitan area community while supporting local farmers and ranchers.

What To Expect

- Chef Will and Rachel will teach a one-hour healthy meal prep workshop via Zoom
- Can't come at the designated time? Don't worry! We will **record** this webinar. Email clriesberg@unomaha.edu or fpearson@unomaha.edu for the recording.

Sponsored by the UNO Faculty Senate Wellness Committee



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