

FFI HOME

FOOD FUTURE INSTITUTE
THE FUTURE IS NOW



CRAFTING THE FUTURE OF FOOD STARTS HERE

FOOD FUTURE INSTITUTE WAS BUILT BY A TEAM OF FORWARD-THINKING INDIVIDUALS UNITED BY A SHARED VISION: A WORLD WITH A MORE CONSCIOUS APPROACH TO CONSUMPTION, A FOOD PARADIGM DRIVEN BY HEALTH, AND A GLOBAL SHIFT IN PRIORITIES TO CREATE A MORE SUSTAINABLE FUTURE.

THIS VISION IS REALIZED THROUGH THE WORLD'S MOST CUTTING-EDGE CULINARY EDUCATION PROGRAM COMMITTED TO THE ELEVATED ART OF PLANT-BASED CUISINE – AVAILABLE TO ANYONE, AT ANY TIME, AROUND THE WORLD.

HELMED BY CHEF MATTHEW KENNEY, PLANT-BASED FOOD PIONEER AND WORLD-RENOWNED RESTAURATEUR, THE MKC INNOVATION TEAM HAS CREATED FFI TO BE A PLATFORM WHERE A DIVERSE COMMUNITY OF LIKE-MINDED STUDENTS, AND THE VAST EXPANSE OF GLOBAL PERSPECTIVES THAT THEY CONTRIBUTE, HELP TO STRENGTHEN THE MOMENTUM OF OUR MISSION.

AT FFI, WE ENCOURAGE STUDENTS TO CONNECT AND COMMUNICATE THROUGHOUT THEIR LEARNING EXPERIENCE, ENHANCING COLLECTIVE CREATIVITY AND BROADENING THE SCOPE OF POSSIBILITIES FOR EACH PARTICIPANT. PLANT-BASED CUISINE IS A CULINARY ART AND AN AREA OF SCHOLASTIC STUDY, BUT ITS IMPACT EXTENDS FAR BEYOND WHAT YOU WILL LEARN HERE WITH US.

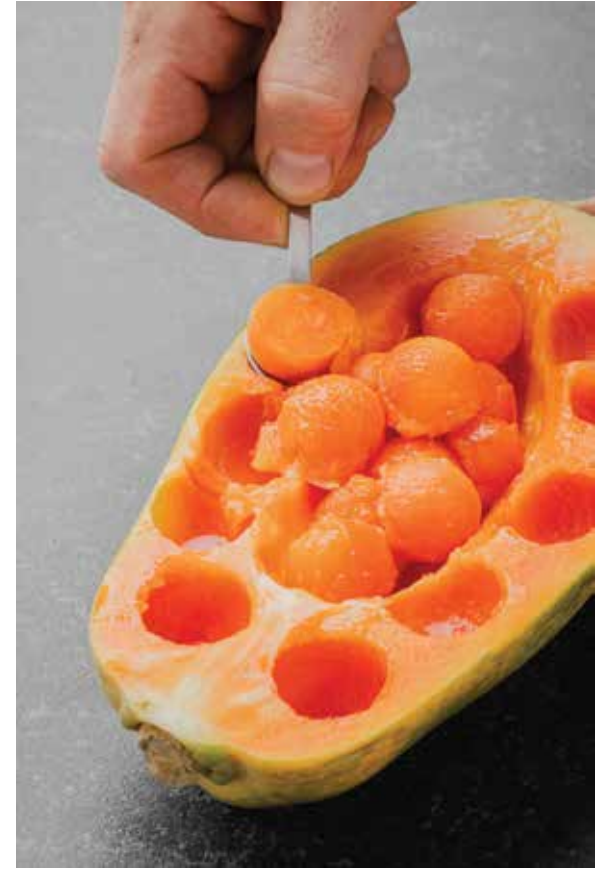
THE PURPOSE

Global culinary institutes are most commonly known for their mission to mold students into experts of traditional food preparation practices or contenders for the highest level positions in the f&b industry. FFI educates on the benefits of reversing contemporary culinary practices to elevate the food we eat, and innovate the way we create it. For us, that all starts with plants – and demonstrating how exquisite they can be when approached with equal parts skill and imagination.

As a culinary education program, we are training our students to adapt great skills that may take them to limitless new prospects and opportunities. As the producers of our food, chefs have the greatest influence on the behavior, habits and tendencies of our communities, which are manifested through the daily necessity of consumption. We acknowledge the extent of responsibility involved in this role; it has the capacity to shape the future in one way or the other.

There is no relationship comparable to that of a chef and their ingredients, one that requires a deep level of respect throughout all phases of not just the culinary process, but the life cycle of our food. The planting, growing, harvesting, trading, preparing and serving of food follows a cyclical, deeply interconnected design, and we strive to to preserve and protect the symbiotic interrelation between human consumption and the Earth that sustains it. Only then will we understand the true artistic and culinary value of the sustenance of our Earth, the energy that has timelessly transitioned between sun, space, soil and seasons, yet through the chef's hand, materializes as the next dish plated and served to friends, family and our broader communities.







THE PROGRAM

FFI HOME is the second course offered by Food Future Institute, and as always, the curriculum is entirely plant-based and entirely chef-driven. This program is designed for everyone, and will deepen your understanding of plant-based foods from a nutritional and functional standpoint, elevate your culinary techniques, and allow you to become the master of your kitchen to create a seamless and successful plant-based lifestyle at home.

The curriculum in *FFI HOME* is designed to equip you with all of the practical knowledge to jump-start, and maintain, your plant-based lifestyle at home. Aside from learning recipes and culinary techniques, you will learn all of the *other* little things they *don't* teach you at cooking school – the little things that make your life a whole lot easier, a whole lot healthier, and, best of all, a whole lot tastier.

You will learn how to properly set up your kitchen for success by learning to create your own pantry staples such as spice blends, broths, tofu, condiments and more. We'll teach you how to minimize your carbon foot print through sustainable practices like composting, meal planning, and making the most of your ingredients. Our chefs will teach you why certain foods are essential to the wellbeing of you and your family, and how to easily incorporate them into your diet on a regular basis. You will learn how to prep, plan and store the foods that will become essential to your daily life. You will learn how to utilize the superfoods that heal, energize, calm or restore. You'll get into the rhythm of making meals that minimize time and effort, without sacrificing flavor or nutrition.

At the core of your learning experience is the concept of sustainability, which can often be the lacking factor in one's commitment to living a healthy, long-term plant-based lifestyle. Sustainability is an essential element in ones' pursuit of health and wellness in the long run, and we're here to help teach sustainable practices, tips, recipes, and the skills needed to maintain your lifestyle with ease.

THE APPROACH

MASTERING A SUSTAINABLE PLANT-BASED LIFESTYLE AT HOME

FFI HOME focuses on the power of plants and the healing properties they contain. In a world with so much conflicting information about what a “healthy” diet looks like, we provide a clear-cut guide to the essential nutrients you need for optimal health, and how to get them – all while teaching you how to become an excellent chef.

With nearly 80 lessons spaced throughout 12 separate modules, students have access to well over 150 different recipes and an immense amount of practical, technical and nutritional knowledge. We’ll give you the skills to become a better chef, and the recipes that you can incorporate into everyday life. You’ll have a culinary repertoire of easy, nutrient-dense and delicious recipes for breakfast, lunch, dinner, snacks, baked goods, and dinner parties. You’ll know what to make for every occasion, from packed lunches and weeknight meals to sophisticated multi-course affairs, canapes and amuse-bouche included.

You’ll feel confident in how to safely and effectively improve your lifestyle through incorporating plant-based foods that can aid in anything from detoxing the body and taming inflammation to calming an upset stomach or reducing anxiety. You will learn the best foods to improve immunity, prevent chronic disease, and give your skin and hair a glow-up. You’ll know how to maintain a healthy gut through the incorporation of probiotics and fermented foods, and the recipes to create these foods to have on hand at home.

Each lesson features an array of videos, photos, infographics and other learning materials in each lesson to guide the student from the comfort of their own home. Our emphasis on visual learning facilitates a more in-depth learning experience so that users can follow along at their own pace. In addition to the use of multimedia materials, each lesson is accompanied by detailed written information to inform the viewer on the topic at hand, along with step-by-step instructions for each task.



THE FORMAT

The format of *FFI HOME* allows students to jump around the course and visit any lessons or modules in the order of their choosing. Submissions are optional, but not required. Though no homework, exams or written/photographed submissions are required from participating students, all student portals feature a live chat function that enable students to ask questions and request support from instructors related to culinary questions or issues they are having.

In addition to the live chat, *FFI HOME* provides a bank of student resources accessible within the student portals. Here, students can find helpful guides, glossaries and other learning materials (including ingredient substitutes and gf guidance), as well as the grocery and equipment lists needed for each module. Many of the lessons feature detailed infographics and visual guidelines to enhance the learning experience.

Though we do not require student submissions for grading, students may still upload and share their work with their FFI community. This is not a mandatory step, and has no bearing on the students' ability to move around freely to other lessons or modules, but allows each student to participate and engage with their student community. All submitted work is uploaded to the *FFI HOME* public live feed in real time, where all students can view and interact with their coursemates. We always encourage students to share their work and experience on FFI's platform in order to connect with other students, offer advice or ask questions, and inspire their peers to continue creating and elevating their dishes.

THE COMMUNITY

FFI offers students from all over the world the opportunity to study plant-based cuisine alongside thousands of peers – right from their home kitchen. A sense of community and open engagement is one of the fundamental aspects of FFI's learning environment. Our first course, Foundations – Phase I, has amassed over 2,000 students in its first year, who represent 70 countries, 44 US states, and 6 continents.

In addition to getting to know the instructors and having their support and feedback, students can interact with one another through the student portal we've built. All students can create a public profile in order to share information about themselves such as where they are from and what their goals are in taking the course. Students can view each others' profiles, which also display all student submissions, follow and direct message each other directly. All public student submissions for each lesson can be liked and commented on by other students in order to give or seek advice, encourage one another and exchange ideas and inspiration. The student live feed streams all student submissions in one place, and in real time. A student may be uploading their plant-based plate on a summery afternoon in Australia, where their coursemate can immediately view and interact with that post as they wake up to the cold winter of North America in the same moment.

When it comes to culinary education, we truly believe that perspective is one of the most powerful learning tool to become a great chef. Our students come from all walks of life, and the supportive and diverse FFI community brings together a myriad of cultures and backgrounds, presenting the perfect opportunity to expand the mind and learn from one another.



THE CURRICULUM

MODULE 1: SETTING UP YOUR KITCHEN FOR SUCCESS

GUIDE TO KITCHEN ESSENTIALS
SETTING UP A PLANT-BASED PANTRY
COOKING CONSCIOUSLY + EATING MINDFULLY
METHODS FOR COMPOSTING

MODULE 2: PANTRY STAPLES

ESSENTIAL SPICE BLENDS
ELEVATED SEASONINGS
PLANT MILKS
NUT + SEED BUTTERS
CONDIMENTS
SEASONAL JAMS + CHUTNEYS
HOMEMADE TOFU
VEGETABLE BROTHS

MODULE 3: MEAL PLANNING

BREAKFAST
MORNING BOOST
LUNCH
MID-DAY POWER-UP
DINNER

MODULE 4: HEALING FOODS

LOVE YOUR GUT
CALM AN UPSET STOMACH
REDUCE INFLAMMATION
IMMUNITY BOOST

MODULE 5: GIVE BACK TO YOURSELF

CALMING FOODS FOR MIND + BODY
MAKE YOUR SKIN GLOW
SUPERFOODS + ADAPTOGENS
MEDICINAL PLANTS + ESSENTIAL OILS
RECOVERING FROM TOO MUCH FUN

MODULE 6: START YOUR DAY RIGHT

SMOOTHIE BOWLS
SWEET + SAVORY OATS
TOFU SCRAMBLE
BUCKWHEAT CREPES
MORNING MUFFINS
CRUSTLESS QUICHE

MODULE 7: NUTRITION-PACKED LUNCHES

BBQ COLLARD WRAP
FARRO + LENTIL PILAF
PAJEON PANCAKE
HUMMUS VEGETABLE SANDWICH
CHILLED NOODLE BOWL

MODULE 8: ONE POT DINNERS

TAGINE
CHILI CON TEMPEH + CORNBREAD
CASAMIENTO
POZOLE
CURRIES
PASTA FAZOOOL

MODULE 9: MEALS IN MINUTES

ENCHILADAS SUIZAS + MIGAS
STIR FRY + FRIED RICE
STACKED SWEET POTATO
THE BIG SALAD
RIGATONI PASTA

MODULE 10: BAKED GOODS

COOKIES
GF CAKES + CUPCAKES
SCONES
CRACKERS
QUICK BREADS
PIES

MODULE 11: ENTERTAINING AT HOME

CANAPES
SKEWERS
DIPS + SALSAS
SWEET AMUSE
TART + BROWNIE
THE DINNER PARTY

MODULE 12: SEASONAL CELEBRATIONS

SPRING
SUMMER
HARVEST
WINTER



ENROLLMENT

Enrollment in FFI HOME allows students to begin taking lessons immediately after payment, when they will gain access to all course materials. Once the course has been purchased, accounts will stay active indefinitely for lifetime access.

There is no designated registration date for this course; students are welcome to enroll at any given time, and take any lesson at any given time. The hands-off format of FFI HOME enables students to freely move through modules, and there are no homework assignments or exams.

INCLUDED IN PAYMENT:

- *Lifetime access to all course materials, including lessons, video, instructions, student resources*
- *Instructor support via student Live Chat*
- *Direct access to the global FFI student network*
- *Access to FFI's interactive social platform*

Total cost of course:

One-time payment of

300 USD

Please note that this is not a subscription plan, and FFI will not seek further payments following your initial payment, which includes life-long access to all materials.

WHAT THEY'RE SAYING

"Every day with FFI means delicious meals guaranteed. I've really enjoyed learning the techniques, creating flavours and pairing them in so many brilliant ways the FFI team has shown us." —Ivana Atmojo, Jakarta

"I can't put the words together how thankful and happy I am that I could be part of FFI. For me, during such a hard period of life because of the pandemic, FFI was the most beautiful experience." —Helen Sandor, NYC

"This course spread the idea that it is possible to make sophisticated plant-based meals, and if you have the right tools and dedicate yourself, you will be able to develop skills you did not imagine before." —Wisliana Copetti, São Paulo

"The course is great because I saw my progress, met new people, and made friends. For me, each lesson taught me something new or improved my knowledge." —Gyulshat Esenova, RI

"In each FFI module, I not only learned new techniques but also the cultural heritage of the dishes." —Madalina Avasilcai, Copenhagen, Denmark

"This course was so much more than I expected. It turned out to be one of the best experiences I had last year and really got me started in my culinary journey. There wasn't a module I didn't enjoy." —Shirley Palmer, Sydney AU

"I found myself not missing eating out as much since I was making restaurant level food (or even better!)." —Lisa Campsi, France

"I'm learning so many new flavors and techniques! The course has awakened that light to express myself through food photography and plating presentation - a great way to show creativity, passion, and meaning." —Bruna Emer, Istanbul

"I've been having a blast thanks to the course. What I really love is how diverse it is and we get to learn how to make cuisines from all over the globe." —Chef Yin, Kuala Lumpur

"I have learnt so much and have been so inspired by the lessons and the other students. I have gained confidence and have so many ideas and plans to move forward." — Susie Breuer, San Francisco





FAQ

Q: WHAT IS FOOD FUTURE INSTITUTE?

A: Food Future Institute is a culinary school that teaches plant based cooking techniques to those who have a passion for cooking and home cooks to increase their skills and confidence in the kitchen. Our online platform captures a vegan culinary curriculum in high- quality video and delivers it on our online service, making this program very easy to access, navigate and very affordable to all enrollees. Founded in 2020 by Matthew Kenney, FFI is for the cooking enthusiasts globally.

Q: DO I NEED TO HAVE ANY PRIOR CULINARY EXPERIENCE TO TAKE THE COURSE?

A: Prior cooking experience is not mandatory nor required to enroll with FFI HOME. We encourage and support all prospective students from all walks of life to join our community. Learning new recipes, techniques and methods in the plant-based culinary arts to train with FFI. HOME allows you to transfer your kitchen to a plant based oasis and will guide you every step of the way with our culinary instructors on hand to ensure your journey is fruitful.

Q: IS THE ENTIRE COURSE PLANT-BASED?

A: FFI is an entirely plant-based culinary institution. Foundation: Phase 1, as well as future courses, utilize explicitly plant-based ingredients. All ingredients included in each recipe and module do not contain animal products and are 100% plant-based.

Q: CAN I REALLY LEARN TO COOK AT HOME?

A: Yes, you can! When we cook, we engage all the senses, not just our taste buds. Our instructors will explain not just how the food should taste, but how it will look while it's cooking, sound when it hits the pan, and smell when it's ready to eat.

Q: I HAVE ALLERGIES AND SPECIAL DIETARY NEEDS. HOW CAN I ALTER YOUR RECIPES TO MEET THEM? (INCLUDING GLUTEN-FREE)

A: Every recipe throughout the course provides a detailed list of ingredients, equipment and nutritional information. The course is mostly gluten-free, and the recipes have been developed so that substitutions can be made in a 1:1 ratio with all-purpose gluten free flour blend where applicable. Our resources page includes a guide to gluten free substitutions.

Wherever possible, our chef instructors will provide recommended substitutions for other allergies, but these limitations should be considered before enrollment – especially in the event that a student has severe intolerance to any food, including tree nuts. Please contact our culinary support team at student@foodfutureinstitute.com with any further questions involving concerns about serious food intolerances and allergies.

Q: WHAT EQUIPMENT DO I NEED?

A: FFI HOME was designed to utilize the equipment most kitchens already have. You can find the general equipment listed before every recipe. Some of the larger equipment we ask you to have on hand are a high speed blender, food processor (2-4cup), a knife set, and cutting board along with various other smallwares.

Q: AM I RESPONSIBLE FOR ACQUIRING ALL OF THE EQUIPMENT AND INGREDIENTS NEEDED FOR EACH LESSON?

A: All students are expected to provide their own equipment, ingredients and work space. This course is designed as a work-from-home experience. Our instructors provide guidance for groceries and equipment needed for each lesson, and it is the responsibility of the student to obtain the necessary materials required throughout the course. Once you have purchased your equipment and completed the course, you will not only have a strong knowledge base of their applications, but have the ability to utilize them in future gatherings.

FAQ

Q: WILL I HAVE A SUPPORT TEAM IF I HAVE ANY QUESTIONS?

A: FFI's team of instructors is available to assist you with all of your culinary questions. Live chat is available from 9am-10pm PST or you can email your question to us at student@foodfutureinstitute.com at any time and one of our team members will respond promptly.

Q: WILL I HAVE IMMEDIATE ACCESS ONCE PURCHASED?

A: Upon enrollment you will instantly have full access to the course. To enroll, make a one-time payment of \$300 USD. This will allow you lifetime access to FFI platform and be first to know of any new events and or new courses which will be launched. You'll also become a part of the FFI community, connecting you with fellow students from around the globe who share your passion and curiosity for a plant based lifestyle.

Q: CAN I CHOOSE THE ORDER OF WHICH LESSONS I TAKE?

A: We recommend completing the first two modules of the course right when you get started, but you have the option of taking the course in any order you choose. The flow of this course allows you to create and design each recipe as you wish. You don't have to buy an abundant amount of groceries in advance and you can alter many of the recipes to stay within your area and season.

Q: IS THERE A TIME LIMIT IN COMPLETING THIS COURSE?

A: There is no time limit to complete FFI HOME. Once you have joined you will have this course for a lifetime. You can repeat the recipes as you like, you can put twists on the techniques to make them your own. We encourage you to make these staples within your household to enjoy on a daily basis to promote healthy cooking for your family and friends.

Q: I'M A PROFESSIONAL COOK. WILL I GAIN ANYTHING OUT OF THIS?

A: FFI HOME was designed for students of all walks of life and with varying levels of prior experience. Those with extensive culinary experience will be able to improve upon a wide array of different techniques, and some may be new to you. This course covers a wide array of practical techniques and cooking mechanisms – from fermentation to baking – but also the practices and methods that help us create a more balanced and sustainable lifestyle. We cover composting, homeopathic remedies, nutrition information, and more. There is no shortage of new recipes to learn, information to digest or lifestyle practices to adapt in this course.

Q: HOW CAN I GIFT THIS COURSE?

A: Reach out to us at info@foodfutureinstitute.com or purchase a gift card at <https://www.matthewkenneycuisine.com/mkc-gift-cards>.

Q: HOW LONG DO I HAVE ACCESS TO COURSE MATERIALS?

A: After paying the one-time enrollment fee of 300 USD, students have access to course material indefinitely, starting from the day of payment.

Q: WILL I RECEIVE CERTIFICATION FOR COMPLETING THIS COURSE?

A: FFI HOME is not a certificate course. With FFI HOME you will learn culinary strategies for beginning and advanced home cooks from a nutritional and practical perspective.

Q: HOW LONG DO I HAVE ACCESS TO COURSE MATERIALS?

A: Because of the virtual nature of the course we are unable to provide refunds after 48 hours of purchase, no exceptions.



CONTACT

GENERAL INQUIRIES:

INFO@FOODFUTUREINSTITUTE.COM

CULINARY SUPPORT:

STUDENT@FOODFUTUREINSTITUTE.COM

FACEBOOK: [FOOD FUTURE INSTITUTE](#)

INSTAGRAM: [@FOODFUTUREINSTITUTE](#)

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