



Image Description: An Instant Pot with Braille and textured labels

Hawaii Association of the Blind Presents Instant Pot Cooking Workshops for 2026

HAB continues to support healthy lifestyles through its Travel Safety Program, which promotes increased opportunities for movement. Due to popular demand, HAB is now expanding its efforts to include balanced nutrition and independent meal prep through its Instant Pot Cooking Workshops. These hands-on small group sessions include exploring one pot cooking with tactually labeled Instant Pots, food prep skills and clean-up. Space is limited to 15 people per session, and participants can only sign up for one session date, no repeats. Each session will have a vegetarian option.

Where: All sessions will be held at Howard's building, 801 South Street in Kaka'ako

When: All sessions occur from 10am-1pm

Session #1-Wednesday, May 13, 2026-Italian Recipes

Session #2 Tuesday, June 16, 2026-Homestyle Cooking

Session #3-Tuesday, July 14th, 2026 (Tentative Date Menu TBA)

Session #4-September 2026 TBA

Session #5-October 2026 TBA

Let's Get Cooking!
Please RSVP to Amy Downard, COMS
Email: adownard@gmail.com
Phone: (808)258-7525

Liability Disclaimer: All participants are responsible for their own safety throughout the event. Hawaii Association of the Blind shall not assume any liability resulting in injury or death