

Checkers launches free masterclasses with an all-star cast

[Checkers](#) is launching a series of FREE online food and wine masterclasses - led by experts in their respective fields - that will run throughout South Africa's winter months.

The classes are open to all, can be accessed at any time and feature an all-star cast including food writer and TV show host [Sarah Graham](#), Cape Wine Master [Dr Winnie Bowman](#), celebrity chef and Checkers Brand Ambassador [Zola Nene](#), and South Africa's first Michelin star chef [Jan Hendrik van der Westhuizen](#).

With people spending more time at home, the Checkers [masterclass series](#) is aimed at inspiring viewers with food: introducing them to new techniques and how to make the most of ingredients to create wholesome, nutritious, cost-effective and inspiring meals in their own kitchens.

Each masterclass presenter will walk viewers through their respective fields of expertise in intimately shot, easy to follow videos. Where relevant, full recipes and ingredients are listed and readily available at Checkers supermarkets or via the [Sixty60](#) app.

The first masterclass - Eating for Life and hosted by [Sarah Graham](#) - shows viewers how to incorporate more plant-based goodness on their plates with farm-fresh produce, and is available for free on the [Checkers website](#) or [YouTube channel](#).

"South Africa is home to many incredible chefs and experts in the food and wine industry who have achieved great things both here and abroad. We're excited to see how these informative and entertaining masterclasses will incorporate the wide range of products available at Checkers - including our new [Forage & Feast](#) range - to bring practical and inspiring ideas directly to home kitchens this winter," says Willie Peters, General Manager: Marketing.

Additional masterclasses in this series will launch during July and August 2021.

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