Whitney Cardosi

OWNER AND FOUNDER OF WELLNESS WITH WHIT AND BLOOM KITCHEN + RETREATS

Whitney specializes in empowering preschool-age children through engaging cooking classes.

Her programs focus on nurturing creativity, building confidence, and fostering a positive relationship with food while enhancing fine and gross motor skills.

By teaching children essential kitchen skills and the importance of nutrition, Whitney helps them develop lifelong habits that support their overall well-being.

LEARN MORE ABOUT BLOOM KTCHEN + RETREATS HERE.