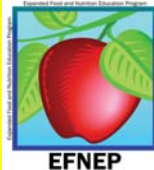


Cooking up Fun!



A hands-on culinary and nutrition series for 3-6 grade students

Students will have a BLAST becoming skilled in the kitchen while learning how to cook a variety of delicious meals and sides.

New nutrition and culinary themes will be introduced with each session.

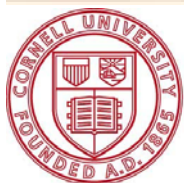
7 SESSIONS INCLUDE

- ✓ Cooking and eating
- ✓ Nutrition
- ✓ Knife & safe food handling skills
- ✓ Cooking techniques
- ✓ Reading a recipe

Dates: 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14– 2018

Time: 3-5 pm

Register: use the after-school link on school website



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