

KIDS PASSPORT TO COOKING

July 17th to July 22nd

9:00am Grades 3-4

10:00am Grades 5-6-7

FEE: \$20.00 for each session

Take a journey around the world by creating some healthy recipes, having fun, learning to cook, and eating the snack each day. Debbie Barnett from the University of Maine Cooperative Extension will be your guide. Learn to make healthy food choices when cooking and eating. Both levels are totally hands on and yes, we do eat what we cook!!!! This year make a trip to Italy, Mexico, China, and USA with a recipe for each location. Please let us know of ANY food allergies. Sample foods that are good for you, good tasting, and easy to make. We will also learn food safety, nutrition, preparation and cooking tips. This will be a hands on learning AND you get to eat what we make. It will be held at the Recreation Building, Classes will be a minimum of 4 and maximum of 10.

