

In addition to our summer camp programs, Weight Wellness Center has partnered with Kidstir, to offer cooking classes



Monthly classes:

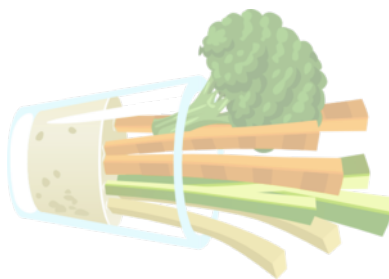
Third Wednesday @ 4:00
And third Saturday @ 1:00
Beginning April 15th

\$35- single class
\$100- 3 class package

*Includes tools and recipes
for kids to take home*

Example classes:

- Taco truck
- Sunny salads
- Finger food fun

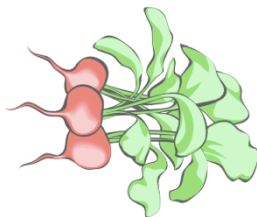


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Weight Wellness Center



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Introduces...

Food Happens: A Teaching Garden

Summer camp program

A place to explore foods' evolution from seed → sprout → supper!

Kids in the Garden:

- Basic gardening skills
- Learning about seeds, plants, and our environment

Camp activities will incorporate different aspects of cooking and gardening:

Lesson on where eggs come from

Learn to crack, season, & prepare eggs

How to use eggshells in the garden

Plant and harvest garden veggies

Cook veggie frittata

Welcome to Food Happens: A Teaching Garden

Have fun in the garden

Harvest fresh sun-soaked produce

Learn how to transform it into a healthy meal!

Ages 6-12

Tuesday -Thursday

8:30 am- 11:30 am

June 30- July 30

Different topic each week

\$150 per week

SIGN UP TODAY!

-Spaces are limited-

Kids in the Kitchen:

- Mystery ingredient challenges
- Cooking tutorials
- Nutrition tips
- Tasting events

Lesson examples:

-"Stuff" it!

(French toast, apples, meat balls, and more)

-Pizza pizzazz

(more than tomato & cheese!)

-Delicious desserts

What your child will learn:

-Trying new foods

-Lifelong skills

(Measuring, serving sizes)

-Dexterity

-Mental stimulation

-Low pressure social interaction

Studies have proven that the more involved children are in food preparation, the more willing they will be to try the food!

Picky eaters welcome!

