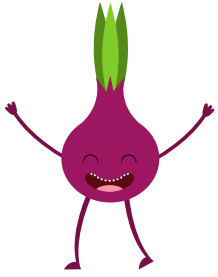




Family Cooking Class:

Kids get Cookin'!

At Home Virtual Edition



This completely **FREE** and **ENGAGING** cooking class will teach you and your child to create **HEALTHY** and **DELICIOUS** meals and snacks side by side. You'll learn strategies for helping picky eaters try **NEW FOODS**, tips for **MEAL PLANNING**, tricks to **SAVE MONEY** at the grocery store, and much more! You will also receive **FUN INCENTIVES**!

This Class Includes:

- Weekly lesson videos
- Weekly grocery delivery with new recipes
- Weekly opportunity to "cook together" as a class via zoom
- Cut safe kids knife and adult chefs knife!
- Flexible cutting board!

Sign up:



Scan QR code & fill out registration
OR
Visit mountainfamilycenter.org
OR
Call Bailey/Jordyn @ 970-557-3186



When:
Thursdays
4:30-6:30pm
Oct. 15 - Nov.
19

