

# THE COOKING CLUB



## March is National Nutrition Month!

Join the FAOSP in a 4-session cooking series for children ages 4 – 13 years.

We call this experience edible education and can't wait to see learning come alive in the kitchen classroom, where kids mix math, simmer science and taste fun! Led by Registered Dietitian, April Sorensen, children will get to learn how to prepare meal entrees, side dishes, and snacks. All prepared food items will contain a fruit or a vegetable component and safe food practices will be taught. (Food Allergies can be accommodated – please discuss this with April in advance.)

**Friday, March 3, 10, 24, 31**

**3:30 – 6pm**

**Faulkton Community Center**

*Tentative Schedule – subject to change based on what we are preparing for the day.*

- 3:30-3:40 Meet participants in the School Lunch room for Roll call.  
Walk over to the Community Center.
- 3:45- 4:00 Wash Hands & Get ready to cook
- 4:00-5:30 Cook items & eat our creation.
- 5:30-6:00 Clean up the cooking lab. **Children can be picked up anytime between 5:30-6pm.**

### **\$35 non-contracted children for the 4-week series**

(Contracted children that normally attend on Cooking Club days will be automatically enrolled at their contracted rate.)

*The cost includes food supplies and a take-home recipe book.*

Pre-registration appreciated. Call or text 605-751-9043 by Wednesday, March 1

### WE ENCOURAGE YOU TO ENROLL YOUR CHILDREN FOR THE FOLLOWING REASONS

- 🌱 Kids are much more eager to eat a meal they helped prepare -- fruits, veggies, and whole grains included.
- 🌱 Kids who are empowered in the kitchen cultivate a diverse palate.
- 🌱 Culinary education inspires self-confidence, fosters independence, and instills an appreciation of where food originates.
- 🌱 The kitchen supports academic and cultural pursuits -- we think it's the tastiest place to learn!