

# Kids Can Cook



## Creative Cooking and Nutrition

**Ages 3.5 to 6**

This class will be taught by Karen Nowak (Primary teacher) and is for VMS students.

In this creative cooking class children will enjoy hands on cooking projects during each one hour class. Children will cook and enjoy healthy foods each week. Projects will range from pasta and soup to healthy snacks such as muffins and salads. We will learn about the food groups and all projects will include at least one food from each food group. Yes that includes **VEGETABLES!** Children are highly likely to try new foods when they have participated in the preparation. Children will also learn the importance of keeping hands and food preparation area clean while cooking. Yes, children will also clean up.

**Tuesdays 4:00-5:00 in Bay Laurel**  
**October 5<sup>th</sup> – November 23<sup>rd</sup>**  
(8 weeks in total)

The fee for this session is **\$145** payable to Karen Nowak. (*See below for fees for childcare before class if applicable.*) Please print and fill out the enclosed application and return it with payment(s) to the Kids Can Cook folder in the front office. Please also fill out the sign-up sheet on the outside of that folder. All items must be completed before your child is guaranteed a spot.

*NOTE: For those children who are not already enrolled in our after school childcare on a regular basis the following fee will apply if your child attends childcare before class:*

*Childcare fees from 3:00-4:00 (\$8.50 x 8 hours): \$68*

*Childcare fees from 3:30-4:00 (\$8.50 x 4 hours): \$34*

*(payable to VMS if applicable)*

**All fees due before class begins. Thank you.**