

COOKING ENRICHMENT

UPPER LEVEL/ MIDDLE SCHOOL

Grades:
4th-8th

When:
Tuesdays
Jan 21, Jan 28,
Feb 4, Feb 11,
Feb 18, Feb 25

Cost: \$110 **Limit 12**

A private link will be emailed to capture participation waiver.

Heart Healthy Cooking!



**February is
American Heart
Month.**



AVOCADO KIDS
KITCHEN.COM

Learn the importance of a healthy diet and making small choices every day to keep our hearts healthy. We'll practice techniques and experiment with new tastes.

This class is specifically designed for Upper Level and Middle School Students.