

After School Cooking Classes for Kids at Your School



iCOOK AFTER SCHOOL

Hands-on and Fun

iCook is a really fun, hands-on after-school cooking program for children. Our mission is simple: to help teach children to love everything about food - cooking, eating delicious and healthful dishes, learning about different cultures and stories behind the food. We make every experience special because we start with great recipes and fresh ingredients, colorful cooking stations and engaging activities. Also, we keep things food-safe: we are a nut-free establishment.

OUR SPRING MENU

Healthy and Delicious

This spring, our chefs-in-training will learn how to make delicious and nutritious recipes including French Toast, Oatmeal Banana Cookies, Rainbow Pizza, Mango Floats, Green Bean Fries, Chocolate Dessert Hummus and more. We will travel across the globe to learn about cuisine and traditions of Greece, Mexico, Philippines and Italy. We will learn about fresh herbs and how they enhance the aroma and flavors of our dishes and practice making Chimichurri and Strawberry Mint Rolls. Our little chefs will continue practicing kitchen and knife safety, and add even more advanced techniques to their cooking skills like whipping, brushing, decorating and more.

- WHERE:** St. Theresa School
- WHEN:** Every Tuesday
- TIME:** 2:20-3:30 pm
- DATES:** April 2- June 4
- NO CLASS:** April 23
- GRADES:** K-4 grade
- PRICE:** \$162 for 9 weeks of classes, includes all materials and ingredients for two recipes for each class)
- MIN/MAX:** Min 7 students
Max 20 students/2 instructors

REGISTER AT: www.iCookAfterSchool.com
DEADLINE: March 29th



Please call or email us with any questions
(773) 283-7037 or (773) 706-2057
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www.iCookAfterSchool.com

