

# 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 WINTER MENU

*Healthy and Delicious*

This winter, our chefs-in-training will learn how to make a variety of healthy, delicious and fun recipes including Orange Chocolate Tarts, Zucchini Flat Bread, Avocado Brownies, Asparagus Fries, Veggie Nuggets, Key Lime Pie, Strawberry Danish and more. We will travel across the globe to learn about the cuisine and culture of Mexico, Spain, and Asia. Our little chefs will build on their knowledge of cooking safety and the fundamental cooking techniques including peeling, breading, blending, melting, slicing, dicing, chopping and more.

### WHERE:

**St Theresa School**

### WHEN:

Every Tuesday

### TIME:

2:20-3:30 pm

### DATES:

January 8 – March 19

### GRADES:

K-4 grade

### PRICE:

\$198 for 11 weeks of classes, includes all materials and ingredients for two recipes for each class)

### MIN/MAX:

Min 7 students

Max 20 students/two instructors

COOKING SKILLS  
NUTRITION EDUCATION  
HEALTHY RECIPES  
CULTURAL EXPERIENCE  
SKILLS FOR LIFE



REGISTER AT: [www.iCookAfterSchool.com](http://www.iCookAfterSchool.com)

DEADLINE: January 3, 2019

Please call or email us with any questions

(773) 283-7037 or (773) 706-2057

[info@iCookAfterSchool.com](mailto:info@iCookAfterSchool.com)

[www.iCookAfterSchool.com](http://www.iCookAfterSchool.com)