



# Sprouting Chefs

## Winter After-School Cooking Classes

Dear Parents,

Sprouting Chefs will be offering After School Cooking Classes on Tuesdays and Thursdays in the Community Room of Forest Grove Elementary starting again in January:

**Seedlings:** Ages 7 to 9 yrs old (10 Students Maximum) - \$65

**Dates:** Tuesdays 3:30 pm to 5:30 pm – Jan 19, 26, Feb 2, 9, 16

- 🌱 Demo Class with some hands on cooking and food preparation
- 🌱 Knife Skills, Reading a Recipe, Measuring Ingredients, and Kitchen Tools
- 🌱 Recipes will highlight seasonal local ingredients and cultural foods from Italy, France, Asia and the West Coast of course!

**Sprouts:** Ages 10 to 13 yrs old (10 Students Maximum) - \$75

**Dates:** Thursdays 3:30 pm to 5:30 pm – Jan 14, 21, 28 Feb 4, 11

- 🌱 Hands on class
- 🌱 Knife Skills, Reading a Recipe, Measuring Ingredients, and Kitchen Tools where by the end of the sessions, student will be creating their own recipe.
- 🌱 Recipes will highlight seasonal local ingredients and cultural foods from Italy, France, Asia and the West Coast of course!
- 🌱 Mindful eating habits to keep our bodies and minds healthy; Why we eat what we eat.

**To Register:** Please fill out a registration form as well as the registration package by **January 12, 2016** that can be provided to you via email to [barb@sproutingchefs.com](mailto:barb@sproutingchefs.com) or you can call to register by phone at 604-505-0074.

**PLEASE NOTE: We are only accepting a TOTAL of 10 Students Per Class**

With Gratitude,

Ms. Barb McMahon



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

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