



# Kids' Test Kitchen

inspire healthy eaters



Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time!

We present kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned!

Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own.

Have you taken a previous session? Yes – join us again!  
Each scheduled series of classes offers fresh new recipes to prepare and explore!

**LESSONS ARE PLANNED TO CELEBRATE SEASONAL PRODUCE, WHOLE GRAINS, AND LEGUMES.**

**2023 EARLY SPRING:** Bonita Quinoa, Pirate Pasta with Arrrrrrrugula, Thai Curry & Kale Soup, Mediterranean Chicken, and more!

<u><b>WHEN:</b></u>	5:00 - 6:00 PM, THURSDAYS, March 9 - April 13
<u><b>WHERE:</b></u>	Ashland Community Center, 162 West Union Street
<u><b>WHO:</b></u>	Grades K-5
<u><b>COST:</b></u>	\$175

Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

**\*PLEASE CLEARLY DISCLOSE ALL FOOD ALLERGIES AND/OR DIETARY RESTRICTIONS UPON REGISTRATION.**

Register early  
and save!!  
Register before  
February 23, 2023  
and save \$20