



# 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!

Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure and cook until we've prepared the finished dish. Lessons are planned to celebrate seasonal produce - warm you on a cold winter day and offer ideas for quick and healthy family meals. At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned!

Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional.

**EACH SESSION ARRIVES WITH FRESH NEW RECIPES AND IDEAS TO INSPIRE YOUR HEALTHY EATER!**

**WHEN:** Wednesdays, 5:00-6:00 PM

**SESSION 1:** September 18 - October 23

**SESSION 2:** November 6 - December 18 (no class on 11/27)

**WHERE:** Ashland Community Center, 162 W Union St.

**WHO:** Grades K-5

**COST:** \$218 - register early to save

Register by  
September 11  
SAVE \$20

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**