

## Tasty Tidbits Cooking Class

*Join us for some delicious fun in the kitchen  
while creating healthier communities!*

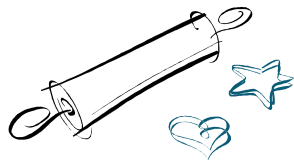


A unique opportunity for children of all ages to learn how to prepare fresh and healthy foods in a hands-on cooking class led by Lizzie Marie. Embracing a philosophy to make the world a better place," Lizzie created the Tasty Tidbits project which won the "Del Monte Do Something Good for You! Grant."

Students will receive a hearty portion of:

- ❖ Introduction to healthy nutrition strategies
- ❖ Reading recipes and creating delicious foods
- ❖ Learning smart food choices to reduce chances of obesity
- ❖ Basic kitchen safety and age appropriate cooking techniques

Classes will be sprinkled with a dash of culinary history along with a heaping serving of creativity in the kitchen! Also, a pinch of math and science to spice things up.



### Class Includes:

- \* Apron and recipe folder
- \* 1 ½ hours instruction with hands-on activities
- \* Fresh and healthy ingredients used in all recipes
- \* Access to Lizzie's on-line cooking demonstrations

Basic, Intermediate and Advanced classes are available to expand participants' knowledge and skills. See Registration Form for pricing and scheduling information.

**Schedule your Tasty Tidbit Class today!**

We look forward to cooking up something special with you!

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