



Make Your Own Lunch-NO SANDWICHES INCLUDED!

How many times have you heard, "I am tired of sandwiches for lunch!" In this series, **Make Your Own Lunch-No Sandwiches Included**, kids will feel empowered to make their own delicious balanced lunches. Good for the parents fun for the kids!

Teaching culinary arts to kids works the best when concepts are kept **simple** and **practical**, and the skills are taught to strengthen their **motivation** and **confidence** to eat healthier.

The curriculum is developed by Registered Dietitians whose vision is to connect GOOD FOOD with people!

Voices of Communication

FOOD: Food has the power to heal and connect. We intend communicate this message to your child through cooking.

FUN: Having fun is an integral part of life. Cooking brings learning and fun together as one!

LOVE: Love is an *art* of giving and receiving. We encourage the concept of loving ourselves and others through preparing and eating nutritious foods using fresh and wholesome ingredients.

*The more kids are engaging in preparing their own foods, the more **INDEPENDENT** they become, and the more **WILLING** they are to eat healthier!*

Class Schedule

Time: TBA

Location: TBA

Cost: \$160 (plus \$40 material costs)

Date: TBA

Class Description

Session 1: Make Your Own

Lunchables: Kids will have their choice of healthy proteins, grains, fruits and vegetables

Session 2: Lunch on a Stick

Kids will be making a sandwich on a stick

Session 3: Lunch in a Thermos

Easy couscous/beans/and cheese
Teriyaki chicken and rice bowl

Session 4: Pinwheels

Turkey and cheddar pinwheel
Mediterranean pinwheel

Session 5: Sushi California Rolls

Session 6: Cold Pasta Salads
Pasta with basil, tomato, and mozzarella

Sesame noodles with crunchy vegetables

Session 7: Quesadillas

Black bean, cheese, and salsa
Hummus and avocado

Session 8: Wraps

Crunchy Veggie Wrap
Veggie Spring Roll

C ASK FOR MORE DETAILS!

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