

After-school Cooking Classes For Kids at Your School



iCOOK AFTER SCHOOL

Hands-on and Fun

iCook is a really fun, hands-on after-school cooking program for children. Our mission is simple: to help teach children to love everything about food – cooking, eating delicious and healthful dishes, learning about different cultures and stories behind the food. We make every experience special because we start with great recipes and fresh ingredients, colorful cooking stations and engaging activities. Also, we keep things food-safe: we are a nut-free establishment.

OUR WINTER MENU

Healthy and Delicious

This winter, our chefs-in-training will learn how to make a variety of healthy, delicious and fun recipes including Orange Chocolate Tarts, Zucchini Flat Bread, Avocado Brownies, Asparagus Fries, Veggie Nuggets, Key Lime Pie, Strawberry Danish and more. We will travel across the globe to learn about the cuisine and culture of Mexico, Spain, and Asia. Our little chefs will build on their knowledge of cooking safety and the fundamental cooking techniques including peeling, breading, blending, melting, slicing, dicing, chopping and more.

WHERE:	Brook Forest Elementary School
WHEN:	Every Wednesday
TIME:	3:25-4:25 pm
DATES:	January 16 th – March 20 th
GRADES:	K-4 th grade
PRICE:	\$190 for 10 weeks of classes, includes all materials and ingredients for two recipes for each class)
MIN/MAX:	Min 7 students Max 20 students/two instructors

COOKING SKILLS
NUTRITION EDUCATION
HEALTHY RECIPES
CULTURAL EXPERIENCE
SKILLS FOR LIFE



REGISTER AT: www.iCookAfterSchool.com

DEADLINE: January 14th, 2019



Please call or email us with any questions
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www.iCookAfterSchool.com