



Sprouting Chefs




Fall After-School Cooking Classes

Dear Parents,

Sprouting Chefs will be offering After School Cooking Classes on Tuesdays and Thursdays in the Staff Room of Parkcrest Elementary:




Seedlings: Ages 7 to 9 yrs old (10 Students Maximum) - \$60

Dates: Tuesdays 3:15 pm to 5:15 pm –Nov 1, Nov 8, Nov 15, Nov 22, 29, 2016

-  Demo Class with some hands on cooking and food preparation
-  Knife Skills, Reading a Recipe, Measuring Ingredients, and Kitchen Tools
-  Recipes will highlight seasonal local ingredients from the School Garden: Fall Soup, Salads, Roasted Veggies, Scones & Breads

Sprouts: Ages 10 to 13 yrs old (10 Students Maximum) - \$70

Dates: Thursdays 3:15 pm to 5:15 pm - Oct 27, Nov 3, Nov 10, Nov 17, 24, 2016

-  Hands on class
-  Knife Skills, Reading a Recipe, Measuring Ingredients, and Kitchen Tools where by the end of the sessions, student will be creating their own special Fall Inspired Recipe!
-  Recipes will highlight seasonal local ingredients from the School Garden: Asian Coleslaw, Roasted Veggie Dips/Soups, Roasted Squash Curry and a creation of their choice.

Subsidies available to those families that qualify. Contact Barb for more details.

To Register: Please fill out a registration form as well as the registration package by **OCTOBER 25, 2016** that can be provided to you via email to barb@sproutingchefs.com or you can call to register by phone at 604-505-0074.

PLEASE NOTE: We are only accepting a TOTAL of 10 Students Per Class.

With Gratitude,

Ms. Barb McMahon



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