

Summer Cooking Series FOR PARENTS AND KIDS

Creating a Generation of Change With Every Bite

"WKids Cooking Series transformed mealtime at our house. My kids had so much fun learning how to create delicious and healthy meals. We use the tips and recipes we learned every day. Everyone in our family has benefited from this program; I can't recommend it highly enough. You and your kids will love it!"

—Sara, mother of three

Wednesdays, August 5, 12 and 19 from 6pm–7:30

Old Whaler's Church 44 Union Street Sag Harbor NY



Session 1: Smart Starts

Learn delicious and creative ways to pack nutrients into the most important meal of the day. We will show you how to build a better breakfast using some of the healthiest foods on the planet. We will show you great tips so you and your child can be health savvy shoppers. We will help kids make the connection between making healthy choices and building a healthy body for life. Kids love these breakfast recipes that are easy to make and so delicious.



Session 2: Power Packed Lunches and Smart Snacks

Need inspiration for packing healthy and delicious lunches for school, camp and the beach? This session will be filled with inspiring new recipes for simple, superfood packed lunches. We will also teach you some of our favorite tips for making healthy choices when dining out. Learn how to make a variety of healthy and delicious snacks.



Session 3: Superfood Suppers

If you are tired of creating healthy meals only to have you or your child leave the table in tears, this session will change your life! In this session, we will power up some of your family's favorite meals. Kids will not only love these meals, they will love making them. We will make-over tacos, pizza, pasta, ice cream and popsicles and add superfood boosters to each recipe.

Classes are for kids age 8-12

Advance registration required by July 31st

Register on our website at www.wfeh.org or call
Wellness Foundation at (631) 329-2590.

Cost: \$60 for one child and one parent and \$25 for each additional child or parent or \$150 for all three sessions for one parent and one child with each additional child or parent being \$25 per session.