

Kids Can Cook!

Kids Can Cook was designed to teach children how to create healthy dishes while learning about kitchen safety, cooking techniques and ingredients. These hands-on cooking classes are held in the Leishman Center for Culinary Health, located inside Northwestern Medicine Kishwaukee Hospital. For more information visit Kish-Calendar.nm.org and click on "Healthy Eating".

Eat a Rainbow

Tuesday, June 12 from 10 am - Noon

Or

Wednesday, June 13 from 6 – 8 pm

\$20

Kids aged 9 - 12 are invited to join Rachel Koroscik, healthy culinary coordinator to learn about why eating a wide variety of colorful foods is important, while preparing an array of colorful dishes. Come ready to cook with hair pulled back and closed-toe shoes. **Recipes and tastings provided.**

Beat the Heat

Tuesday, July 24 from 10 am – Noon

Or

Wednesday, July 25 from 6 – 8 pm

\$20

Kids ages 9 - 12 are invited to join Rachel Koroscik, healthy culinary coordinator to learn how to make healthy, summertime recipes designed to keep you hydrated and cool. Come ready to cook with hair pulled back and closed-toe shoes. **Recipes and tastings provided**