



Kids Cook with Heart Summer Cooking Series!

Description: Kids Cook with Heart is a 6-week summer program designed to teach kids ages 12-15 the basic skills required to prepare their own meals at home, as well as the information they need to make healthier choices. Taught by American Heart Association volunteers with backgrounds in cooking and nutrition, each workshop will be fun and educational. Students will learn to prepare simple main courses, hearty whole grains, salads and a wide variety of vegetable dishes. Lessons also include kitchen safety and basic sanitation. Each week will include hands-on practice and lunch!

Start: Friday July 10, 2015

End: Friday August 14, 2015

Time: 11:00 a.m. – 12:30 p.m.

Location: Verdant Community Wellness Center, 4710 196th St. S.W. Lynnwood, WA 98036

Organizers: Verdant Health Commission, American Heart Association, & Group Health

Cost: Free!

Registration Form

Full Name of Child Attending Class: _____ Age: _____

Special needs/health alerts/allergies: _____

Parent/Guardian Name: _____

Telephone: (____) _____ Mobile: _____

E-mail: _____

Parent or Guardian Signature: _____ Date: _____

For more information, please call 425-582-8600