

BUSY FAMILY – HEALTHY FAMILY: GET KIDS EXPLORING THE KITCHEN

What am I going to make for dinner?

What will my kids eat?

How can I involve my kids more in the kitchen?



Get Kids Exploring the Kitchen is a class for parents and kids!

- ▲ As parents, you will discover strategies to get your kids more involved in prepping and cooking foods, all while teaching them to eat healthier.
- ▲ Your kids will learn how to make healthier choices on their own while exploring the kitchen.

Class is open to kids ages 3 and above. All children must be accompanied by an adult.



MONDAY, MAY 9

1:00-2:00 pm or 6:00 - 7:00 pm

McMillan Memorial Library • Wisconsin Rapids

Please register by calling 715-421-8437 before May 6th.

