

TUESDAY

**5TH-8TH
2:45-3:45PM**



C.H.E.F.
COOK. HEALTHY. EXCITING. FOOD.

FALL CHEF



Junior Gourmet Lab

Get ready to chop, sauté, and explore the world—one delicious dish at a time! In this exciting next level of our cooking journey, our growing chefs are turning up the heat as they gain confidence using real kitchen tools like knives, the stove, and oven (with supervision, of course!).

Each week, we'll cook up global-inspired recipes—from sizzling stir-fries to handmade pasta to bold spice blends—while learning techniques, new recipes, and a whole world of food that will carry them through life.

Our intermediate chefs are encouraged to put their own creative twist on each dish as they develop independence, kitchen savvy, and a deeper love for cooking. This is where skills grow, flavors shine, and fun is always on the menu!

In this fun cooking club, kids will:

- Learn how to measure, mix, and prep ingredients
- Gain confidence using the stove and oven (with close supervision!)
- Practice kitchen safety, tool use, and etiquette
- Get creative with flavors and presentation
- Follow step-by-step directions and build responsibility
- Take home recipes to recreate the fun and flavors

Allergies will be accommodated. Skills practiced: kitchen safety, measuring, knife handling, creativity, cultural food exploration, responsibility, and teamwork.

Fee: \$35 per class per child
12 week after school program (fall)
No nut program + allergy friendly

Dates:
September 1st-November 18th
(TUESDAYS)

To register please email Chef Alex at:
alexandra@agatasteofwellbeing.com

Chef Alexandra Golovac owner and creator of CHEF, earned her Culinary degree and Masters in Gastronomy and Food Studies, as well as a certification as a Fitness Nutritionist and Masters Certification

THURSDAY

**1ST-4TH
2:45-3:45PM**



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FALL CHEF



Calling all mini master chefs! In Chefs in Training, our 1st-4th graders will roll up their sleeves and dive into the magical world of cooking — building real kitchen skills and big-time independence along the way! This world is filled with tasty delights, variety of vegetables, a rainbow of fruit, and so many other ingredients to explore.

Get ready for a whisk-tastic time in the kitchen! In Chefs in Training take tour around the World. They will set off on a delicious global adventure — all without leaving school! Each week, we'll explore a new country and culture through food, creating kid-friendly dishes inspired by books, history, and global traditions. Maybe even some classic kid movies! Each week, students will whip up tasty recipes like sweet & savory. Balance is key on the plate, flavor, and cook.

Along the way, we'll:

- Create fun, no-bake snacks using simple ingredients
- Practice measuring, mixing, decorating, and tasting
- Spark creativity, build confidence, and encourage teamwork
- Learn about different cultures, ingredients, and healthy habits
- Take home the recipe book and tasty treats to share with the family

They will be so proud of their creative and tasty creations!

Whether your child is a budding chef or just curious about food, this after-school program is the perfect mix of hands-on fun, skill-building, and tasty takeaways. All recipes are allergy-friendly and tailored for little hands and big imaginations!

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