



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



FALL CHEF

Get ready to turn up the heat and explore the vibrant flavors of fall—one delicious dish at a time! In this next-level cooking adventure, our growing chefs gain confidence using real kitchen tools like knives, the stove, and graters (with supervision, of course!) while discovering the magic of seasonal ingredients and fresh spring produce.

Each week, students will create global-inspired recipes—from bright stir-fries and fall vegetable pasta to bold spice blends and fresh fruit desserts—while learning techniques, experimenting with flavors, and exploring the culinary world in a hands-on, safe environment.

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

What your child will do each week:

- Master measuring, mixing, and prepping ingredients
- Gain confidence using the stove, oven, and kitchen tools safely
- Practice knife skills, kitchen etiquette, and safety
- Explore creativity with flavors, textures, and presentation
- Follow step-by-step directions to build responsibility
- Take home recipes and tasty creations to share with family

All recipes are allergy-friendly and designed to showcase the best of spring produce!

Skills practiced: kitchen safety, knife handling, measuring, creativity, global cuisine exploration, responsibility, and teamwork.

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

Dates:
September 10th - December 3rd
(THURSDAYS)

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