

TUESDAY

**K -3RD GRADE
2:45-3:45PM**



C.H.E.F.

COOK. HEALTHY. EXCITING. FOOD.



FALL CHEF

In Chefs in Training, our K-3rd graders will roll up their sleeves and step into a bright, fresh, spring-inspired world of cooking! This season, we're celebrating fresh vegetables, juicy fruits, and colorful ingredients while building real kitchen skills and independence along the way. Get ready for a whisk-tastic adventure in the kitchen! In Chefs in Training, students will travel the world through food – discovering new countries, cultures, and flavors – all without leaving school! Each week brings new hands-on recipes inspired by spring produce, seasonal flavors, books, history, and global traditions (and maybe even some favorite movies!).

What your child will do each week:

- Whip up sweet and savory recipes featuring spring fruits and vegetables
- Create fun, no-bake snacks using simple, allergy-friendly ingredients
- Practice measuring, mixing, decorating, and tasting
- Explore creativity, confidence, and teamwork
- Learn about different cultures, healthy habits, and seasonal ingredients
- Take home their recipe book and tasty treats to share with the family

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 delicious takeaways.

All recipes are allergy-friendly, tailored for little hands, and designed to spark imagination and joy in the kitchen!

Fee: \$35 per class per child

12 week after school program (spring)

No nut program + allergy friendly

Dates:

September 8th-December 1st

(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