After School
Cooking Classes
for Kids at Your School

ICOOK AFTER SCHOOL
Hands-on and Fun

iCook is a really fun, hands-on after-school cooking program for children. Our mission is simple: to help teach children to love everything about food - cooking, eating delicious and healthy dishes, learning about different cultures and stories behind the food. We make every experience special because we start with great recipes and fresh ingredients, colorful cooking stations and engaging activities. Also, we keep things food-safe: we are a nut-free establishment.

WHERE: Lees Corner Elementary
WHEN: Every Tuesday
TIME: 3:45 - 4:45 PM
DATES: March 26 – May 21
NO CLASS: April 16
GRADES: K-4 grade
PRICE: PTA Members: $144 for 8 weeks*
NON PTA Members: $154 for 8 weeks*
*Includes all materials and ingredients for two recipes for each class
MIN/MAX: Min 7 students
Max 20 students/2 instructors
REGISTER AT: www.iCookAfterSchool.com
DEADLINE: March 22nd

OUR SPRING MENU
Healthy and Delicious

This spring, our chefs-in-training will learn how to make delicious and nutritious recipes including French Toast, Oatmeal Banana Cookies, Rainbow Pizza, Mango Floats, Green Bean Fries, Chocolate Dessert Hummus and more. We will travel across the globe to learn about cuisine and traditions of Greece, Mexico, Philippines and Italy. We will learn about fresh herbs and how they enhance the aroma and flavors of our dishes and practice making Chimichurri and Strawberry Mint Rolls. Our little chefs will continue practicing kitchen and knife safety, and add even more advanced techniques to their cooking skills like whipping, brushing, decorating and more.

Please call or email us with any questions
(773) 283-7037 or (773) 706-2057
info@iCookAfterSchool.com
www.iCookAfterSchool.com

COOKING SKILLS NUTRITION EDUCATION HEALTHY RECIPES CULTURAL EXPERIENCE SKILLS FOR LIFE