

COOKING 101 SERIES

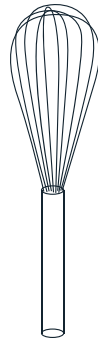
DOES YOUR TEEN WANT TO LEARN HOW TO COOK?
THIS SERIES IS THE PERFECT WAY TO GET STARTED!

CHOOSE FROM 6 COOKING ESSENTIAL CLASSES:

- CLASS 1: 10/14 - SOUPS AND STEWS 101
- CLASS 2: 11/18 - BREADS 101
- CLASS 3: 12/9 - HOLIDAY BAKING 101
- CLASS 4: 2/17 - PASTA 101
- CLASS 5: 3/17 - VEGETABLES 101
- CLASS 6: 4/28 - SIMPLE DINNERS 101

CLASSES ARE FROM 3-6 PM, & INCLUDE DINNER

Professional Chef and Teacher, Kristen Phillips offers this fun series to help teach Middle School and High School students all they need to know to be successful in the kitchen. Students will learn basic cooking skills, easy to follow recipes, and how to plan simple meals.



SIGN UP TODAY!!

INDIVIDUAL CLASSES: COST \$50/EACH
ANY 3 CLASSES: \$140 (SAVE \$10)
ALL 6 CLASSES: \$250 (SAVE \$50)

PAY ONLINE AT WWW.AFAMILYKITCHEN.COM

REGISTRATION FORM:

NAME OF STUDENT: _____ AGE: _____ (MIN 11 - MAX 18)

PARENT(S) NAME: _____

EMAIL ADDRESS: _____

DOES YOUR CHILD HAVE ANY FOOD ALLERGIES? Y/N IF SO, WHAT? _____

PHONE: _____

SELECT CLASSES: _____

QUESTIONS?
 CALL CHEF KRISTEN AT (240) 354-4522
 EMAIL KRISTEN@AFAMILYKITCHEN.COM