

A photograph of three young women in a kitchen setting, wearing aprons and focused on their work. A green curved graphic element is overlaid on the bottom left of the image.

Youth Culinary Nutrition Workshop

July 15 & 16 | 10:30 am - Noon

Calling all aspiring chefs! This hands-on culinary workshop is designed to teach essential cooking skills, kitchen safety and nutrition basics in a fun, age-appropriate way. Whether your youth is brand new to cooking or has attended our kids' food art classes and ready to level up their skills, this class will help build confidence in the kitchen creating delicious, balanced meals and snacks

Cost: \$50 per person

Class size is limited. Open to youth ages 10-15
To register, call **217-214-5858**.

*Please contact our dietitian with any food allergens prior to signing up for class. Participants must have an adult remain in the facility while the class is occurring.