

SUMMER 2021



The Department of Family, Population & Preventive Medicine's
Nutrition Division Presents

Cooking and Nutrition Workshop for Kids

**With two sessions for
Children ages 9-11 and 6-8**

Kids will make meals from produce grown on our Stony Brook Heights Rooftop Farm and have a farm-to-table experience!

WHAT KIDS WILL LEARN:

- Kitchen safety and etiquette
- How to harvest produce from our farm
- How to read and follow recipes
- Mixing, measuring, and seasoning techniques
- Above all, how to make and enjoy healthy meals

REGISTER NOW! Seating is limited.

**Due to popular demand and limited space, placement in program is determined by lottery*

\$220 for 3-part series

From 10 am - 2 pm

For ages 9-11:

July 27

July 28

July 29

For ages 6-8:

Aug 3

Aug 4

Aug 5

Scan QR or click [Here](#) to register

