

Kids Can Cook

Kids and Parents Cooking Classes with
Healthy Eating Coach Mary Collette Rogers



4 Classes
Breakfast, Lunch,
Snack & Dinner

Kids 9 & Up
Come Learn, Eat &
Have Fun Together



5 Wednesday Afternoons: February 16 to March 9
4:00 p.m. - 6:00 p.m.

Erie Community Center

Fee: R\$89.00/NR \$111.00

Register: Online or at Guest Service (Class #7551.102)

Questions: 303.443.0353 EverydayGoodEating.com



Together you and your child learn about healthful eating and the basic healthy cooking skills for making good food. Get on the same page and give your child lifelong skills in wholesome eating. An educational experience you and your child are sure to enjoy. Price includes one parent/one child. An additional child can be added for a fee.

Vegetables Whole Grains Fun Recipes Good Food for Growing Bodies

Every Day Good Eating
edge

Mary Collette Rogers, a healthy cooking instructor for 20 years and mother of two vegetable-loving kids, has taught a wide variety of classes to preteens and teens. An advocate for stronger, healthier kids, she loves sharing her good eating tips and her love of delicious, real foods with both parents and children.



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