

NHRMC KIDS COOKING CLUB



12 Weeks of Culinary Excitement for Kids



NHRMC is dedicated to supporting the education and wellness of our employees and their families. Enroll today to help your kids establish healthier eating habits and gain confidence in the kitchen.

Membership includes 6 cooking kits to be spread out over 12 weeks. In each kit:

- ◆ A dietitian and chef-led video to follow during the experience
- ◆ 3 kid-friendly recipes with recipe-specific shopping list
- ◆ A fun new kitchen tool to keep
- ◆ A cooking club apron (in your first kit)

Please Enroll Here By September 4th



Ages 4-14 (lessons include age-appropriate adjustments)

\$10 per child via payroll deduction; Club starts week of September 14th

Contact Us: Sara Parrish, RD, at 667-4013 or sara.parrish@nhrmc.org