We <u>love</u> showing our students how delicious healthy can be!

Our Purpose:

Mission:

Plant the seeds of health in children, youth and families

To positively impact all whom we come in contact with

Vision

Teach families of the world that true wealth is your health

Our cooking programs teach:

- Healthy Eating
- Food and Kitchen Safety
- Basic Culinary Skills
- Healthy Cooking Techniques
- Nutrition
- Table setting & Etiquette
- Math, History, & Science SOLs

Benefits of our programs:

- **Fosters creativity**
- **Promotes healthy eating**
- **Builds self confidence**
- **Develops team building skills**

Our cooking classes also develop:

- **Effective communication**
- **Social skills**
- **Environmental awareness**
- **Cultural Awareness**

We show children how delicious healthy can be!

- WE use only fresh, wholesome, and organic ingredients.
- WE patronize local area farmers for produce & vegetables.
- ALL of our entrees are prepared from scratch.
- WE encourage participants to be creative and explore!

We also offer life skills workshops:

- Self esteem –self concept
- Decision making skills
- Effective communication
- Conflict resolution
- Goal setting
- Career Focus
- and much more!

Graduation Day!

Our Celebration - Graduation Menu:

Turkey pepperoni wholegrain pizza

*

Organic baby leaf greens salad

*

Fruity citrus green tea punch

*

Various healthy & low-fat snacks

*

All entrees prepared by the students!

*

Decorations and setup done by students!

*

Parents join us in the celebration!

What we offer your organization:

Convenient on-site enrichment program	Easy transition for students	Educational and fun after school program
Safe and nurturing environment conducive to learning	Participants encouraged to explore and be creative	Teaches various science, math and history concepts
Promotes parent involvement	Community resources utilized	We bring all needed equipment and supplies

Our future healthy chefs!

Actual Customer Testimonials:

"This is an excellent program for kids and it's fun! I've taken every class."

Morgan Burrs – 11 years

"Morgan has become more aware of his eating habits. The program has helped us all make healthier food choices. We are very satisfied with the results."

Father - Mr. Burrs – 47 years

Our programs are geared towards:

- Your ideas and input
- The best possible outcome
- Your satisfaction

We have various programs, menus, and themes to choose from!

We can design a program that compliments your organization!

Contact information:

Wendy Huett, B.S. – Director
Kidz -R- Cookin' ™
P.O. Box 36113
Richmond, Virginia 23225
804.651.2974

Website: http://www.kidzrcookin.info
Blogsite: http://www.wordpress.kidzrcookin.com
Email: healthy@kidzrcookin.info