

Family, Fun, and Food

Are you looking for an opportunity to cook with your child?

When you join this fun hands-on class, you and your child will cook, eat and play together. The program is designed for children ages 8 to 12 and the adult who prepares their meals. Each week you will receive a handout packet with information from the lesson including a copy of the recipe that was prepared during class.



What you will do:

- Cook and eat simple and tasty recipes together
- Play fun and active games
- Develop cooking and nutrition skills
- Enjoy spending time with your child
- Learn about the importance of family mealtimes
- Learn to set health goals for your family

Join us for free

When:

Where:

Contact:

Registration Information

Attending adult name

Youth name

Youth guardian name

Phone number

Email

Dietary restrictions (include any food allergies)

Provided by the University of Missouri Extension Family Nutrition Education Program

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.
Need help stretching your food dollars? Contact your local resource center or go online to
mydss.mo.gov/food-assistance

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