



Learn Foundational Cooking Skills, for Kids & Adults!

Alongside my own family's journey to healthier eating, I am sharing my passion for cooking, coupled with nutrition education to help families make healthier, wholesome choices.

Everyone is so busy these days, and so many of us are experiencing the guilt of sacrificing quality for frequent drive thru visits and the convenience of choosing processed foods. It's time to empower kids with foundational skills in the kitchen to combat today's unhealthy advertising messages they are bombarded with everyday!

My "start where you are" approach promotes easing into trying new foods, and making the best selections when given options.

Please check out my course offerings and upcoming classes, and don't hesitate to reach out to me for additional details and questions!

www.familymeasures.com

814-323-5263



Each class is about two hours in length. We start with a 30 minute nutrition game or activity to teach your kids about making important choices. Then we chop, blend, slice and whip our way into making a colorful themed lunch followed by clean up and a sit down meal. Your kids will be empowered to replicate their lunch at home and definitely won't leave hungry!

Many of our classes can be created as a vegetarian options using substitutions. Contact your instructor for details

Some classes and events are:

- Birthday Parties
- Kids Classes (all ages)
- Healthy Lunch Class
- School Presentations
- 8 Hour Essential Class
- Cooking Camp
- Cooking for Badges
- College Cooking
- Adult Classes
- Gift Certificates

Looking for a custom class or event?

Email me at:

FamilyMeasuresCooking@gmail.com