

Family Measures Cooking School



Up-Coming Classes

Stir Fry Cooking Class **Age 8+**

June 13 or June 19, 6-8PM
at: Trinity Lutheran Church

This "Just A Taste" Class will engage your child in a fun activity called "Eat Your Colors" that will turn even the pickiest eater into a fruit and veggie warrior. We'll be making 1 to 3 delicious stir-fry dishes (such as Veggie Stir-Fry over Steamed Brown Rice, Thai Chicken and Noodle Stir-Fry, and Make Your Own Stir-Fry for One) depending on length of class.

Growing and Cooking with Herbs **June 25 or June 28, 9-11AM** **Age 8+ at: Trinity Lutheran Church**

Cooking with fresh and dried herbs can add pizzaz to many foods. Your child will learn how to grow his/her own herb container, and then use some of those same kinds of herbs to make delicious mouth-watering recipes that can be duplicated at home. Samples of recipes from this class include "Orange Blueberry and Mint Salad", "Basil Pesto + Pesto Crostini", "Ranch Dressing Rainbow Cups" and "Grilled Rosemary Shrimp".

Eating to Reduce Stress and Sleep Better **July 11, 6-8PM** **Age 18+ at: Whole Foods Co-op**

Many Americans suffer from sleep disorders, and occasional issues with sleeping. At least 40% have reported that they experience moderate-to-high stress and that those levels have only increased. More than a third of adults in the US today are also overweight or obese- could there be a connection? All this information points to the fact that diet, stress, and sleeping habits are not in harmony. This lesson plan will help participants have a better understanding what they can do to their diet to assist stress and sleep.

We will learn what a "good nights sleep" is and create a few delicious recipes with foods the aid in sleep and stress.

Interested in more cooking classes?

go to:

www.familymeasures.com
for the complete list!

Up-Coming Classes Continued

Sensational Smoothies

July 24, 9-10AM

Ages 3-5

Milestones Children's Consignment

The children will learn how to create healthy smoothies using fresh fruits and vegetables. Your child will participate in an interactive mystery fruit activity, and make fresh Blueberry Smoothies! Class size is limited to 10 students. This class is for ages 3-5, and features special customer appreciation week pricing! (Please email me if your child is outside this age range and would like to attend this class).

Banana Bash

July 24, 11-12PM

Ages 3-5

Milestones Children's Consignment

The children will learn how bananas grow and where they come from as well as how good they are for your body. They will each get to make a DELICIOUS banana snack! This class is for ages 3-5, and features special customer appreciation week pricing! (Please email me if your child is outside this age range and would like to attend the class)

Southwest Fiesta! Healthy Lunch Class

July 24, 1-3PM

Ages 5-9

Milestones Children's Consignment

Say OLE! to this Fiesta themed class! Your child will love this healthy fiesta themed Bento lunch class. Bento is a Japanese style of eating where lunch items are packed into a wooden or plastic box with individual compartments. Bento lunches consist of a balance of food groups, colors and textures.

Your child will make Taco Pinwheels with Salsa Dip, Corn, Bean & Lime Salad, Tortilla Chips with fresh cut cheese slices, and fresh fruit. This is "nacho" same old class. Special customer appreciation week pricing! (Please email me if your child is outside the age range listed for this class but would like to attend).

Feeding Your Child Athlete

Ages 18+

July 30, 6-8PM

Whole Food Co-op

Feeding a family isn't an easy task. It requires knowledge and planning. Children need optimal nutrition as their body's are still growing and if they are active making sure they are consuming enough fuel for recovery should not go overlooked. This lesson plan is going to focus on what can be done at different "meal times" to help children recover. Also- with a focus on family meals together.

Participants will be able to successfully match the correct nutritious meal with the appropriate and optimal time for their child to consume food.

We will create some healthy meals to sample

Class Locations:

Trinity Lutheran Church- 14E 38th Street

Whole Foods Co-op - 1341 W 26th Street

Milestones- 3735 W Lake Road