

Free Cooking Classes for Kids!



Illinois Nutrition Education Programs is offering a series of kid-friendly cooking classes. Illinois Junior Chefs is a great way for your child to learn basic cooking skills while having fun! Illinois Junior Chefs is appropriate for ages 8-13.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Easy to make,
tasty recipes



Tips to stay safe
in the kitchen



Information on
eating healthy

All participants will be required to wear masks. There may be additional restrictions due to COVID-19. Contact your local Extension office for more information.

**For questions or to register please contact Monica Marr, Lake County
847-223-8627 ext. 23 or msmarr@illinois.edu**

This program held on Wednesdays 2:30-4 pm
Nov 10-Dec 15 for 3-5 graders Jan 9-March 16 for 6 graders
at Memorial United Methodist Church - 2935 Sheridan Road, Zion

If you need reasonable accommodations to participate in this program, please contact **Monica Marr @ 847-223-8627 ext. 23**