

FOR IMMEDIATE RELEASE

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Kitchen Kids: A Fun Cooking Camp for Youth

Hungry? Want your children to make a quick snack but are not sure they have the skills to do so safely? Attending Kitchen Kids Camp will allow youth to learn basic skills to prepare food at home quickly, easily, and safely.

Kitchen Kids Camps are a series of hands on cooking-based nutrition activities for youth 10-12 years of age to try new foods while learning essential cooking skills. At the end of this fun camp, children will be able to prepare foods following a recipe and learn skills to help them prepare easy meals at home. Participants will also learn how to clean up after preparing food.

The Kitchen Kids Camps are scheduled for several locations this summer. Camps are three days long and will have a cooking challenge on the last day. Camp dates, locations, and times are:

- June 6-9 in Fredonia from 9 - 11:30 a.m.
- June 13-15 in Coffeyville from 9 - 11:30 a.m.
- June 20-22 in Neodesha from 1 - 3:30 p.m.
- June 27-29 in Oswego from 9 - 11:30 a.m.

Camps are free this year thanks in part to funding from Blue Cross and Blue Shield Pathways Grants for Wilson, Labette, and Montgomery Counties. Class size is limited so register early to assure a spot. Registration opens April 17, and can be completed with the following link: https://kstate.qualtrics.com/jfe/form/SV_38HJ3K7MGCgQNhA Pre-registration is required.

For more information about this or any other topic related to nutrition, food safety or health contact Holly Miner at haminer@ksu.edu or call 620-331-2690 or 308-224-4628.

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