

Free Cooking Classes for



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. **SEATS LIMITED.**

I ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Easy to make,
tasty recipes



Tips to stay safe
in the kitchen



Information on
eating healthy

Illinois Junior Chef Program Dates, Times, and Locations

June 10 -14, 12:30 - 2:30, Lincoln School Marion

June 24 - 28, 10 - noon, Williamson U of I Extension Office

July 22 - 26, 10 - noon, Williamson U of I Extension Office

July 29-August 2, 10-noon, Herrin Library

(REGISTRATION REQUIRED) Call the office to register 618-993-3304

If you need reasonable accommodations to participate in this program, please contact: 618-993-3304.