

FOR IMMEDIATE RELEASE

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Kitchen Kids Camps Cook Up Fun with Food

Independence, KS – 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 foods at home quickly, easily and safely.

Kitchen Kids Camps are a series of hands-on cooking-based nutrition activities for children 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 select snacks that are not only good for them but are fun to make. Children will learn basic cooking skills and how to clean the kitchen when they are done.

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.

Independence Community College Fab Food Lab is partnering with K-State Research and Extension Wildcat District to offer classes in Independence at the ICC Fab Food Lab on West Main June 28-30, 2021. Participants can choose between a morning (9:00-11:30 a.m.) or afternoon (1:00-3:30 p.m.) session.

Cherryvale High School FCS classroom is the location of the July 14-16th camp from 9:00-11:30a.m. Camp registrations will be taken through the ICC Fab Lab website at: <https://fablabicc.org>. The cost for these camps is \$10 per participant. If cost is a concern, need-based scholarships are available, please contact 620-332-5618 for more information. Class size is limited and pre-registration is required. Classes are filling fast so sign up today!

For more information about the Kitchen Kids Camp contact ICC Fab Food Lab at 620-332-5499 or contact Holly Miner, Nutrition, Food Safety and Health, haminer@ksu.edu, (620)331-2690

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