

FOR IMMEDIATE RELEASE

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Kitchen Kids Camps Connecting Youth with Fun!

What's better than a fun summer camp? Getting to learn to make food and then enjoy eating your creations. The ICC Fab Food Lab and Wildcat District have partnered to offer four "Kitchen Kids" cooking camps this summer.

The last camp is scheduled to take place in Fredonia on July 29 and 30 at 9am at the Fredonia High School and is for children ages 9-12 or 5th through 7th grades.

The Fredonia High School Family and Consumer Sciences Teacher and K-State Research and Extension Wildcat District Wilson County Intern, Madison Coulter will be joining in on the fun by hosting the camp and providing leadership for local youth.

In June, 25 kids ages 8-12 participated in two three-day camps at the ICC West Commercial Kitchen, learning basic kitchen and cooking skills, exploring healthy recipes and participating in a team cooking competition with judges on the final day. Cherryvale High School FCS Teacher Marla Sterling partnered to provide a location in July at the Cherryvale High School.

"I will always remember some of the comments made by these kids, especially one who said they were sad the night before because they realized today was the last day of the camp," said Holly Miner, Wildcat District Nutrition, Health and Food Safety Agent. The camps have provided youth with skills they can share with their families and they even learn about cleaning up the kitchen

after preparing their food. Miner also said the camps have been a positive fun experience for the adult leaders just as much as for the youth.

There is still time to register for the Fredonia Kitchen Kids Camp via the ICC FabLab website:
www.fablabicc.org

For more information about nutrition, food safety or health please stop by the Wildcat District office in Independence, KS at 410 Peter Pan or call Holly Miner, Nutrition, Food Safety and Health Agent at haminer@ksu.edu, 620-331-2690 or 308-224-4628.

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