

FOR IMMEDIATE RELEASE

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Kitchen Kids Camps Cook Up Fun with Food

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. Children will learn basic cooking and food safety skills and how to clean the kitchen when they are done. Each child will receive their own apron for preparing foods at home and to use during camp.

The Kitchen Kids Camps are scheduled in several locations this summer – Cherryvale, Fredonia, Parsons, and Independence. Camps are three days long and will have a cooking challenge on the last day. Participants will work together to plan, prepare, and present their completed dishes for critique. Class size for all camps is limited, and pre-registration is required. Classes in Cherryvale and Independence in the morning are full and other camps are filling fast so sign up today!

Camps will be held in Fredonia June 14-16, at the new Old Ironside Kitchen. Parsons Camp is located at the Wesley United Methodist Church June 28-30. Fredonia and Parsons camps begin at 9 a.m.

Independence Community College Fab Food Lab is partnering with the Wildcat Extension District to offer classes in Independence at the ICC Fab Food Lab on West Main July 12-14 at 1 p.m. Registrations will be taken through the Wildcat District website at: <https://bit.ly/KitchenKids22>. All camps will be 2.5 hours long. The cost of the program is \$20 per participant. If cost is a concern, and need-based scholarships are available, please contact Holly at 620-331-2690 for more information.

Wildcat Extension District has also partnered with Greenbush for two Kitchen Kids Camps at Greenbush. These camps are June 20-21 and 22-23. The camps start in the morning and end in the afternoon. The cost for the Greenbush camps is \$50. Registration for the Greenbush camps is done through Greenbush's website.

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