

Teen2Chef

food skills program

JOIN US!

**FREE SIX WEEK
COOKING PROGRAM**

**Taste new foods
Improve cooking skills
Learn about nutrition**

YUMMY RECIPES!

**Cookie Dough Energy Bites
Greek Chicken Pita & Veggies
Smoothie & Smoothie Bowls
Pumpkin Zucchini Muffins
Veggie Loaded Pasta Sauce
& Zucchini Pasta**

**Beef & Lentil Burgers
Burrito Bowl
Coleslaw
Fruit Spritzers
Tortilla Pizza
Caesar Salad**

PROGRAM INFO



FOOD SKILLS FOR FAMILIES

