



Food Explorers Cooking Camp

Youth entering grades 2 - 5

Join *Food Explorers* to *Taste the Rainbow!* Explore new flavors, cooking techniques and recipes by delving into a new color each day, learning all about foods of that color. Participants will also discover fun facts about food and nutrition through interactive games and activities between recipes. Each day will feature a snack and meal.

This program is taught by registered dietitians and nutritionists from *Food Explorers!* Staff will provide a safe and welcoming environment for kids to try new foods and flavors, while learning about cooking and nutrition. Note: all recipes are nut free but some may contain dairy and/or eggs. **Limit: 10.**

Date: Monday - Friday, June 27 - July 1, 2022

Time: 9:00 AM - 12:00 PM

Location: Enfield Annex, 124 North Maple Street

Fee: \$135.00 Residents / \$169.00 Non-Residents



- Registration Begins -

Residents: Friday, May 6 at 8:30 AM

Non-Residents: Friday, May 13 at 8:30 AM

**Enfield Recreation | 124 North Maple Street
860.253.6420 | www.enfield-ct.gov/recreation**

