



Food Explorers Cooking Workshop

Grades 2 - 5

Join *Food Explorers* for a half day cooking workshop! Participants will make two recipes from scratch and learn all about food along the way. Recipes to be made include, Ricotta Gnocchi and Chocolate Croissant Bites! Each recipe is nut free but may contain dairy and/or eggs. 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. **Limit: 10.**

Date: Tuesday, November 8, 2022 (Election Day, no school)

Time: 9:00 AM - 12:00 PM

Location: Enfield Annex, 124 North Maple Street

Fee: \$40.00 Residents / \$50.00 Non-Residents



- Registration Begins -

Residents: Friday, September 9 at 8:30 AM

Non-Residents: Friday, September 16 at 8:30 AM

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

