

Free Cooking Classes for Kids!



Illinois Nutrition Education Programs is offering a series of kid-friendly cooking classes. Illinois Junior Chefs is a great way for your child to learn basic cooking skills while having fun! Illinois Junior Chefs is appropriate for ages 8-13.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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**Easy to make,
tasty recipes**



**Tips to stay safe
in the kitchen**



**Information on
eating healthy**

All participants will be required to wear masks. There may be additional restrictions due to COVID-19. Contact your local Extension office for more information.

If you need reasonable accommodations to participate in this program, please contact _____.