

# Learn to Cook This Summer!

University of Illinois Extension's Illinois Nutrition Education Programs is offering a series of kid-friendly cooking classes. Illinois Junior Chefs program is a great program for children 8 to 13 years old to learn basic cooking skills while having fun. All classes are free of charge!



Easy to make, tasty recipes

Tips to stay safe in the kitchen

Tips on eating healthy

## Class Information:

If you need reasonable accommodations to participate in this program, call:

This institution is an equal opportunity provider. This material funded by USDA's Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. University of Illinois Extension\* United States Department of Agriculture \* Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment.

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