



KIDS in the KITCHEN

ANYTIME ENRICHMENT™

www.stickyfingerscooking.com

Sticky Fingers Cooking provides an educational, fun, entertaining and weekly hands-on learning experience with our **Weekly Anytime Enrichment Online Class Sessions right in your own home!**

We provide all of the personal instruction, with the same Chef Instructor for each class, as they create healthy and hearty after school snacks or family meals each week. Each class provides education, feedback, problem solving & activities all in a fun interactive cooking experience. **A comprehensive family recipe, shopping lists, food allergy guide, fun family activities and access to some fun videos are also included with each class session!**



MUG-nificent After School Sweets & Snack Classes highlight single serve recipes with the use of the microwave to help **foster more independence and safety in the kitchen** for our students. With a quick, nutritious and deliciously creative snack for our students to eat at the end of each class.

Meal THYME Sheet Pan Cooking Classes feature recipes geared towards family meals in mind! Students will prepare a full meal for their families from start to finish in our class! With help from an adult at home, **just pop the sheet pan in the oven after class and your family's meal will be ready in 30-40 minutes!**



New Recipes Each Week | FALL 2020

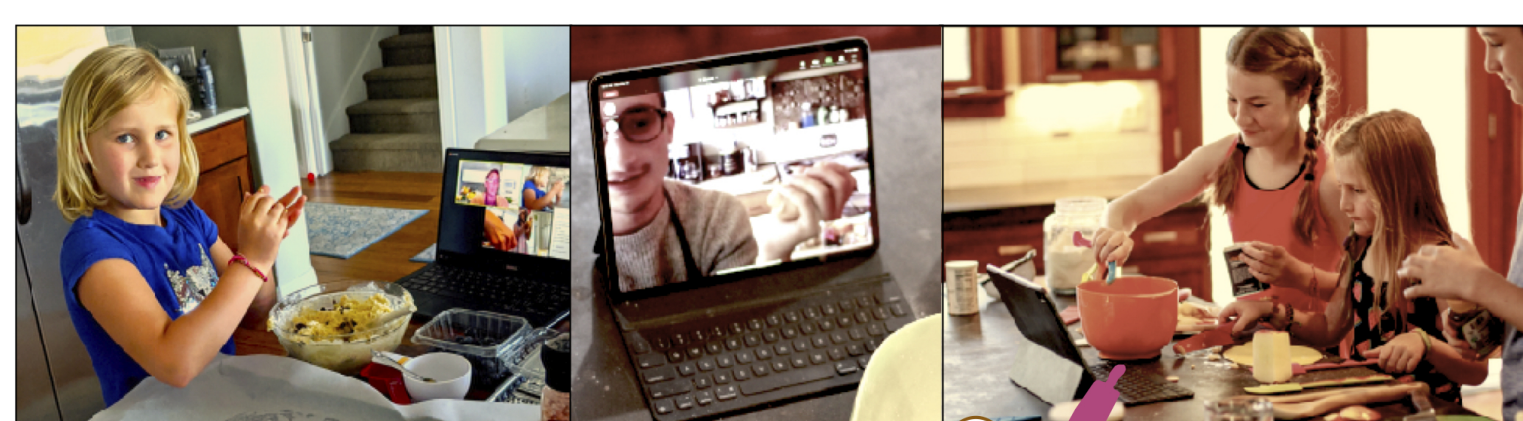
Week of 8/31/2020	Bubbly Fruit-filled Crumbly Crisp + Wondrous Whipped Yogurt	MUG-nificent After School Sweets
Week of 9/7/2020	Kid Created 11-Layered Nachos + Ultimate Guacamole + Raspberry Limonada "Rosas"	Meal THYME Sheet Pan Cooking
Week of 9/14/2020	Great Grecian Pan-Pizza + Colorful Greek Salads + Honey Yogurt Smoothies	Meal THYME Sheet Pan Cooking
Week of 9/21/2020	Superbly Tasty Sweet 'n Sour Thai Noodle Salad + Perky Pineapple Cooler	MUG-nificent After School Snacks
Week of 9/28/2020	Middle Eastern Veggie Fattoush Crispy Bread Salad + Brilliant Baked Falafel + Magnificent Minty Iced Cucumber Muddler	Meal THYME Sheet Pan Cooking

register now

Want to know what our classes are about? Sign-up for one of our FREE Online Cooking Class!

For more information on available classes, please visit:

<https://stickyfingerscooking.com/school-programs/online>



Sticky Fingers Cooking
THYME to TURNIP the BEET on WHAT KIDS EAT™

SCAN ME

