



## Healthy Living Initiative Classes

PRESENTS

# *HEALTHY BAKING FOR TEENS COOKING CLASSES*

You will engage in three hands-on sessions; participants will learn to make nutritious baked goods using whole grain flour, fruit, nuts, seeds, and reduced fat dairy products.



**We will meet on Wednesdays; February 1st, 8th and 15th from 2:45 - 4:15 pm**

- All food and supplies are included.
- Free! No experience needed! All students are welcomed.
- Activities include teaching students how to make healthy eating and baking choices and how to best use the products that are provided to improve their health.

**The Cooking Classes will be held in classroom #69 after school on the above dates; to join please come to the Cafeteria, Guidance Counselor Department or School Based and place your name on the sign-up sheet. Only 15 student's maximum can participate so hurry to sign-up before it's too late!!!!**