

Teen2Chef

food skills program

JOIN US!

**FREE 10 WEEK
COOKING PROGRAM**

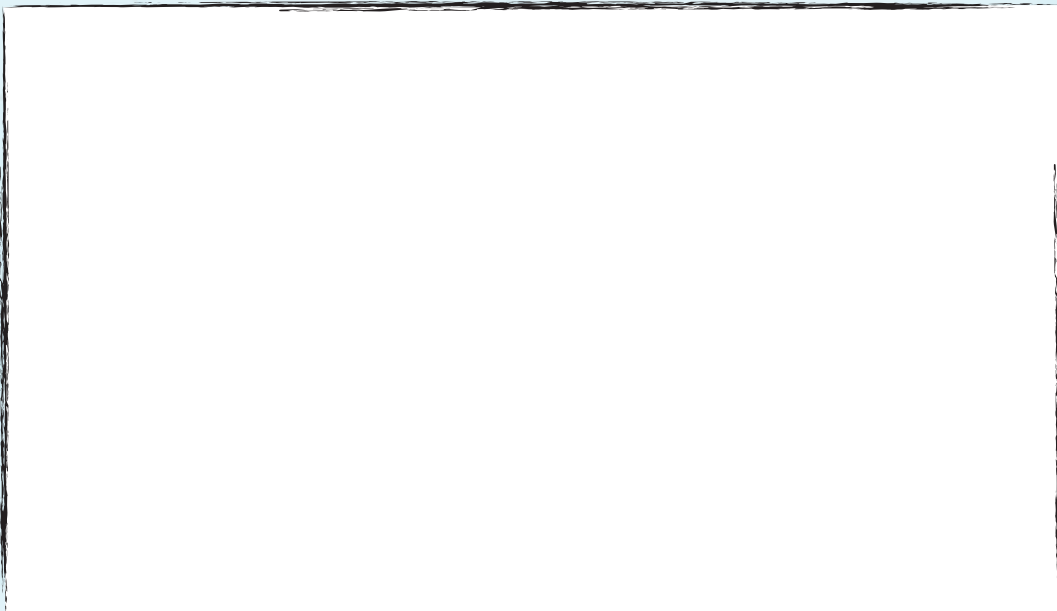
**Taste new foods
Improve cooking skills
Learn about nutrition**

YUMMY RECIPES!

**Wraps & Veggies with Dip
Lentil Beef Burgers & Slaw
Smoothie Bowls
Burrito Bowls
Chewy Seed Granola Bars
Zucchini Pasta**

**Meat Sauce
Pumpkin Zucchini Muffins
Tortilla Pizzas
Caesar Salad
Energy Bites**

PROGRAM INFO



FOOD SKILLS FOR FAMILIES

