Summer Cooking Savvy

Free for youth ages 12-16

Join us this summer for our new and exciting curriculum "Teen Cuisine"!

- Knife skills
- How to read recipes
- How to read nutrition labels
- Measuring skills
- How to cook healthy recipes

Friday, July 13
Friday, July 20
Friday, July 27

Class Time: 10:30 a.m. to 12:30 p.m.
All classes held at the Grayson County Extension Office

All classes will be taught by:
Robin Felix
Nutrition Education Program Assistant
robin.felix@uky.edu
Grayson County Extension Service
123 Commerce Drive | Leitchfield, KY 42754

Advanced registration is required, so call today and save your spot!

For more information and to register call the Grayson County Extension Office: (270)259-3492