

# Cooking 101—Kids and Teens

1st class *FREE!*  
**Tuesday, June 21st**  
**530pm**

To sign up or inquire  
contact:

rachel'sfusion  
food & fitness

Rachel Cantore  
630-300-8289  
Rachelfusion@gmail.com  
www.rachelfusion.com

Classes done in Burr Ridge; contact for  
address.

**Call NOW to re-  
serve your space!**

- ▶ Tuesdays, 5:30 PM weekly  
\$10.00/class; complimentary 1st class.  
Ages 8 to 18.

Learn the basics, become comfortable in the kitchen

Learn simple cooking at a young age and get to try new cooking methods and foods

Lifelong kitchen skills you can take into your high school, college, and adult lives.

Healthy options and ways to cook, if desired

Classes might include: eggs, kid friendly foods, quick prep and simple meals, grilling, fish and seafood, soups, party food, marinades and vinaigrettes...

**SIMPLE + NUTRITIOUS + FLAVORFUL!**

