

# KIDS IN THE KITCHEN

## Free Nutrition and Cooking Classes for Kids

### Participating children will:

- Learn the importance of healthy eating
- Make and eat healthy, child-friendly recipes
- Practice skills for healthy living
- Have FUN!

### Register at Urbandale Community Education website:

<https://urbandaleschools.prestosports.com/camps/camps-registration?id=h8pvm9>

In Partner With



**DATE:** Tuesday's, March 5 - April 9, 2019  
(*NO CLASS: March 19*)

**LOCATION:** Urbandale High School

**TIME:** 4:15pm – 5:00pm

**FEE:** FREE with Promo Code: **ISUGRANT**

**QUESTIONS:** Contact Josh Jacobs at 515-457-6950 or via a-mail at [josh.jacobs@j-hawks.com](mailto:josh.jacobs@j-hawks.com).



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