



## Youth Cooking and Nutrition Workshops

Ages: 13-17

Dates: April 18, 2013 4pm-6pm  
May 9, 2013 4pm-6pm

Topics: We will learn about healthy eating, meal planning, working in a group, comparison shopping, making a grocery list, cooking safety, and hands on cooking skills.



Location: The Kitchen of ILRC  
1760 Southridge Dr.  
Jefferson City, MO 65109

Please RSVP to Jenny Cowart by April 10, 2013  
573-556-0400 or [jennifer@ilrcjcmo.org](mailto:jennifer@ilrcjcmo.org)



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