



## Spring Break Virtual Cooking Classes for Families

Looking for an activity where you get to spend some quality time with your kiddos and prepare some delicious recipes... all while learning valuable life skills?

I'm a registered dietitian (RD) with almost 30 years in the field of healthy eating & nutrition. Start building healthy eating habits early by getting your kids in the kitchen now. See details below. Questions? Email me @ [tammycheguis52@gmail.com](mailto:tammycheguis52@gmail.com).

**Dates:** Sunday April 11, 2021: "Did Somebody Say Sunday Brunch?" (10:00 a.m. to noon)

Wednesday April 14, 2021: "Let's Do Lunch" (10:00 a.m. to noon)

Thursday April 15, 2021: "Dishing Out Plant-based Proteins" (10:00 a.m. to noon)

Friday April 16, 2021: "No (K)need to Order Pizza" (10:00 a.m. to noon)

**Cost:** Each class is \$25 or purchase all four for the special price of \$80 Cnd.

**Note:** Families purchase the ingredients and I take care of the rest.