



Kids Cooking Camp

This Summer at One Nineteen

Cost: \$175.00 for each Camp Session

discount for siblings and multiple weeks

Time: 8am - 12pm and/or 1pm - 5 pm

** Before and After Camp Care available from 7am - 6pm for an additional \$17 per day **

Camp Week Sessions (Mon-Fri):

REGIONAL FAVORITES

June 7-11 "Sous" Chefs (6y-9y)

June 14-18 "Master" Chefs (10y-12y)

COLOR ME HEALTHY

July 5-9 "Sous" Chefs (6y-9y)

July 12-16 "Master" Chefs (10y-12y)

Bring your child's summer to boiling point with this delectable camp where your child will:

- ✓ Learn basic cooking skills for a lifetime of healthy eating
- ✓ Have the opportunity to taste various foods
- ✓ Gain confidence and independence in the kitchen

Behind the Themes...

"Regional Favorites"

This week is designed to let your little chef explore foods from different regions of the United States. The meals will touch on foods from California, New York, Louisiana, the South, and a mixture of other states.

"Color Me Healthy"

Reds, greens, and purples, oh my! This week we will learn to prepare a colorful rainbow of healthy and delicious foods. A colorful plate is a healthy plate!

No cooking experience is necessary for any age group or camp. We will have recipes for beginner and more advanced chefs. Morning and afternoon sessions will feature different recipes in the same week.



One Nineteen

HEALTH AND WELLNESS

More than you expect. Everything you de-

205-408-6550 • www.onenineteen.com • 7191 Cahaba Valley Road