

# 2017 KIDZ SUMMMER COOKING CAMP

Ages: 8-12

**Program Outline:** Participants will have exposure to a variety of fresh ingredients and spices that will be used to create recipes and meals from around the world that they will not only enjoy eating but will be good for them too. The week will be filled with information and activities related to how to work safely in a kitchen environment, food handling safety and how to avoid food borne illnesses along with important facts about nutrition. Breakfast, Lunch and snacks are prepared and consumed on site.

**Camp Leader:** Participants will be guided under the supervision of Professional Chef **Josie G.** founder of **Rainbow Lunches**, graduate of the Hospitality Program at Humber College.

## Days:

### Week 1:

Mon - Fri July 17-21, 2017

**Time:** 9:00am to 4:00pm

- Kids can be dropped off at 9:00am
- \$20/per hour for pick up after 4:00pm

**Cost:** \$50/Day

- \$75 off when registering 3 or more siblings
- \$25 cancellation fee applicable



Space is limited  
so register quickly

To Register:

Call: (647) 885-3272 or (416) 617-5369

Email: [hyacinthgregory@hotmail.com](mailto:hyacinthgregory@hotmail.com)

Location: Rainbow Lunches: 4316 Ebenezer Rd. Brampton - Side Entrance

NO LUNCHES TO PACK!  
ALL MATERIALS INCLUDED!  
NUT & ALLERGY AWARE!

