

DIG IN!

A Chef-Lead Cooking Class in the Spirit of Farm to Table



INSPIRED BY OHIO GROWN FOODS

Positive experiences with nutritious food will increase the likelihood your child will try and enjoy these foods and want to repeat the recipes at home. So, Dig In! and join the family fun.

Dig In! is an exciting new After School Discovery cooking class where your child and you can work together to prepare simple dishes inspired by healthy Ohio grown foods. Through hands-on experience, your child will learn about clean hands, clean food, kitchen safety, math and measuring, where our food comes from and making healthy food choices. Through positive experiences, with wholesome foods, your family will be more likely to try and enjoy these nutritious foods.

Inspire your family to make a lifetime of healthy food choices as you learn easy-to-follow recipes that can be repeated at home.

This program is brought to you by the Wickliffe Wellness Committee. Students will be given food charms to start or add to their Walking Club necklaces as rewards for completing this culinary experience.



New ASD Class

Instructors



Chef Ugur Gulcor,
Executive Chef at Whole Foods
and his wife Nicholle Gulcor

Grades

Kindergarten through 5th grade

Class Size

20 students each with a parent.

Dates and Time



Second Friday of each month
(Jan 13, Feb. 10, March 9,
April 13, May 11, June 8)

Time: 6-7:15pm

Fee and Location

\$55.00 for 6 classes

Whole Foods
3670 W. Dublin Granville
Road, Columbus OH 43235

To Register:

[http://www.wickliffepto.org/
index.php?
option=com_content&view=article
&id=63&Itemid=63](http://www.wickliffepto.org/index.php?option=com_content&view=article&id=63&Itemid=63)