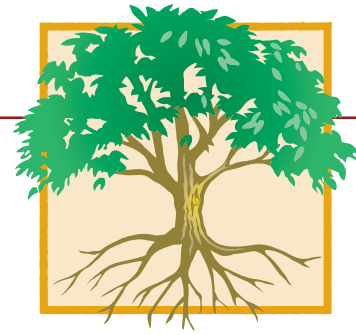


The GFS Cooking School Presents
Camp I-Can-Cook



**GOOD
FOOD**

S T O R E

Looking for a way to keep your kids happily busy this summer? Bring them over to the Good Food Store for *Camp I-Can-Cook*.

With separate sessions for younger and slightly older children, the classes will teach young chefs basic cooking skills, plus explore nutrition facts, food & kitchen safety, and the food cultures of other countries. Most importantly, they will experience the joy of preparing good food made from scratch.

Camp-I-Can-Cook will consist of two 3-day sessions for each age group, with all classes taught by GFS staff chefs and cooks. You can sign up for either or both sessions. All classes will be two and one-half hours long and at the end of each day the creative gourmards will sit down and eat a family style meal and enjoy the fruits of their labor.

SESSION ONE: KITCHEN FUN-DAMENTALS

Ages 7 to 10, Tuesday - Thursday, July 20 - 22, 10:00 am -12:30 pm, \$75 / \$140 for both sessions

Learn to cook for your family any time of the day. We'll start the week with a Garden Frittata made with local veggies and finish it with Farmers Market Lasagna made with pasta made from scratch. We'll fill the week with lots more, including simple treats and healthy snacks to enjoy between meals.

SESSION TWO: COOKING AROUND THE WORLD IN THREE DAYS

Ages 7 to 10, Tuesday - Thursday, July 27 - 29, 10:00 am -12:30 pm, \$75 / \$140 for both sessions

Say Buon Appetito and more! This week we will explore the cuisine of Italy, Mexico and Japan. Food will be the focus, of course – Roman Pizza, Caprese Salad, Homemade Tortillas & Enchiladas, Sushi Rolls and more. Campers will get a taste of each country's culture too, with a bit of geography and native vocabulary thrown in.

SESSION THREE: ADVANCED KITCHEN FUNDAMENTALS

Ages 11 to 14, Tuesday - Thursday, July 27 - 29, 2:00 pm - 4:30 pm, \$75 / \$140 for both sessions

We visit the different stations in a restaurant kitchen, exploring the duties of a pantry chef, chef, and baker. Students will be in charge of the Panzanella, Pesto Chili, Baked Chicken and a summery layer cake. Nutrition concerns and food presentation will be on the agenda too, plus lots of fine dining to keep 'em energized.

SESSION FOUR: THE CREATIVE GOURMET

*Ages 11 to 14, Tuesday - Thursday, August 3 - 5,
10:00 am -12:30 pm, \$75 / \$140 for both sessions*

Three continents in three days, with stops in France, Mexico and Thailand. Ratatouille, Tostados with Mole, and Pad Thai will be the centerpiece of daily menus that will also include edible and educational side dishes – lots to eat, of course, plus a peek at regional kitchen techniques, culinary history and geography.

*For further information, please contact Emily Seitz, GFS
Cooking School Coordinator, at 541-3663, extension 214.*

