



## Kids in the Kitchen

**Tuesday, September 12 from 6 - 7 pm**  
Waukee Family YMCA, 210 N. Warrior Lane  
\$5/child



Kids will learn about kitchen safety and food preparation in addition to discovering how to make healthier food choices based upon MyPlate. Plus they will get to prepare and taste a healthy snack. Join us for this FUN and educational class for K-4th graders.

**Register by stopping by the Waukee YMCA or calling  
515-987-9996.**

For more information call Lisa Mickelson at 515-993-4281 or [lmickel@iastate.edu](mailto:lmickel@iastate.edu)

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