

Ideas for keeping children busy in the kitchen

Resource	Description	Website
Super Healthy Kids	Developing children's kitchen skills including kitchen chores by age, recipes children can prepare independently, healthy snack ideas, and kitchen safety tips to teach children	https://www.superhealthykids.com/healthy-home/kids-kitchen-skills/
Unlock Food and Essential Kids	How to include children in cooking at various ages	https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx http://www.essentialkids.com.au/food/nutrition/an-agebyage-guide-to-what-kids-can-do-in-the-kitchen-20180611-h1199a
Dairy Farmers of Manitoba	Recipes children can prepare independently or with assistance	https://www.milk.mb.ca/recipe-category/kids-cook-2/
Rock What You Got	Recipes that prevent food waste	https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf