

# Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT



## Amazing New Cooking (And Always Awesome Eating!) Classes Starting At St. John Lutheran!

"I can't believe we  
made this!"  
Young Chef Cade

**8 Thursday Classes:**  
**Sep 6th–Nov 1st (No Class on 10/11)**  
**2:30–3:30pm**

"I love it SO MUCH  
it's freaking me out!"  
Young Chef Lexi

These award-winning, super-tasty and exciting classes captivate kids as they explore making, eating and sharing very yummy, healthy, fresh, and sustainable foods not always found on kids plates.

### Here is a Sample of the AMAZING DELICIOUSNESS The Kids Will Be Making (and Love Eating-Up)!

Back to School Salted Chamomile Honey Doughnut Holes + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz  
Perfect Pizza Bomb Bites + Sticky Fingers "Caprese" Salad on a Stick + Kid-made Italian Creme Sodas  
Korean "Japchae" Stir-Fried Noodles + Sweet Soy Splash + Frosty "Banana Milk" Smoothies  
September Swedish Sticky Chocolate Cake "Kladdkak" + Sweet Shaken Cream + Smashed Berry Sauce  
Great Greek Spinach "Spanakopita" Cups + Chopped Feta Tomato Relish + Greek Yogurt Honey Shakes  
Argentinian "Chimichurri" Pull Apart Monkey Bread + Kid-made Herbed Butter + Amazing Fruit "Agua Frescas"  
Very Vietnamese Spring Roll Bowls + "Nuoc Cham" Salty-Sweet Vinaigrette + "Trà Dào" Peach Iced Tea

*Please note that recipes are subject to change-based on our creative whim!*  
Classes are always nut-free, and any and all dietary restrictions will be accommodated!.

**To Enroll Your Student  
Please Go To:**

**[stickyfingerscooking.com](http://stickyfingerscooking.com)**

Pull Down: COOKING CLASSES Tab—Select: YOUR STATE  
and type in YOUR SCHOOL—Select CLASS SESSION

Tuition always includes chef instruction, all foods, materials, online family fun recipes  
the kids will be cooking-up in class—and a substantial and  
healthy(shhh!) snack at the end of every class!