



Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

Truly Tasty + Fabulously Fun + Highly Acclaimed New K-5th Cooking (And Always Awesome Eating!) Classes Starting at St Anne!

Tuesdays: 3:05-4:05pm
6 Classes: September 5th—October 10th

Scroll Down For A Sneak Peek At Some of THE AMAZING RECIPES The Kids Will Be Cooking-Up !



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

"This is so awesome; I love it!" -Young Chef Haven



When's the last time you had Ethiopian food?

Or yummy Indian, Swedish or Columbian food? Guess what? Your kids can have a blast every week discovering how easy and fun it is to prepare (and love to eat!) tasty, healthy globally-inspired + American Classic Sticky Fingers Cooking recipes! Let your child release their inner chef and love learning to be inspired food explorers!



If they make it—they really want to taste it!



Each delicious new recipe prepared by your young chef will be accessible online after each class at www.stickyfingerscooking.com
FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

Check Out What The Amazing Young Chefs Are Saying:

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

-Lexi, age 8 (after tasting the very delicious Korean Bibimbop she just

"This is so great! BETTER than Pizza!"

-Monica, age 7 (after tasting her Chinese New Year Bok Choy Pancakes + Mandarin Soy Dipping Sauce)

"These doughnuts are infinity percent vitamin C delicious!"

-Tae-ji, age 8 (loving the Lemon Zucchini Doughnuts he just had a blast making)

"I didn't think that I liked broccoli stems, and then in this soup, they are delicious!"

-Devin, age 9, (savoring his awesome Easy Cheesy Broccoli Soup + Navajo Corn Cakes)

We Love Watching This Amazing 'Thank You Video' From The Happy Young Chefs At Mountain Meadow Community School:

<http://flipagram.com/f/RSfr928jzf>



Our fun, engaging and creative chef instructors mix together a sense of fun and excitement as they combine the love of cooking with nutritional information, safe cooking skills and hygiene, jokes, geography, math skills and food history to help inspire a lifetime love of delicious, healthy family cooking.

"I have to tell my mom about this recipe because I never eat vegetables and, wow, I love this!!" -Young Chef Jordan



"I am so excited to see how much our crew of dedicated and talented chef instructors excel at helping kids learn to love discovering the joys of making and eating super-tasty recipes made with lots of fresh, healthy and natural foods."

-Erin, Food Geek in Chief

Young Sticky Fingers Cooking Chefs Are In The News!



Young Chef Sienna and Sticky Fingers Food Geek-in-Chief Erin showing FOX32 Good Day Chicago Host Corey McPherrin how to cook-up some delicious Quinoa Pizza Bites!



Sticky Fingers's Chicago Land Lead Chef Lucy Warenski cooking-up super-tasty Cool Corn Arepas with Avocado Salsa and Watermelon Agua Fresca on WGN News

<https://stickyfingerscooking.com/about/news-events/>

What Parents And Schools Are Telling Us:

"My boys absolutely love this class and adore their Chef. Our Tuesday dinner conversation surrounds their morning cooking and nutrition experience. Thanks for brightening our household!" -Roxanne, mom

"My daughter LOVED her Sticky Fingers Cooking Class! She continues to apply her skills in the kitchen and has demonstrated that she can handle more responsibility than I was giving her. Thanks for the fantastic experience." -Amanda M. Faison, Magazine

Food Editor

"Kudos Sticky Fingers Cooking! You and your staff are doing GREAT things! Look at the positive changes children and families are making in their lives with your inspiration!" - Angela Lauridsen, Boulder Valley School District

Just wanted to take a moment to thank you both for a great party. The kids had such a blast and they are still talking about it today! Great job, excellent

food! Thanks again! -Mom of happy birthday kid

"Sticky Fingers was a life changing experience for me and my sons. In just one Sticky Fingers lesson, my twins made and gobbled up blueberry ricotta pancakes and corn

arepas with avocado salsa, and went from very picky eaters to young chefs who were

interacting and enjoying food. The impact from this

experience was amazing." -Kay, mom



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Here is a Sneak Peek of the Some of The DELICIOUSNESS The Kids Will Be Cooking-Up in Our Fall Classes!

Perfect Plum Tortes + Shaky-Shaky Cream + PlumTASTIC Maple Shakes

Hawaiian Beet Poke' + Steamed Rice Bowls + Keep the Beet Soda

Lemon Bar Cups + Raspberry Drizzle + Lemon Raspberry Fizz

Late Summer Tomato Panzanella Salad + Herb Emulsion + Basil Berry Lemonade Buffalo

Cranberry Cinnamon Rolls + Cinnamon Drizzle + Frozen Cranberry Yogurt

Cauliflower Bundles + Cool Ranch Dip + Kid-Made Herb Sodas

Creamed Spinach Tortellini + Sage Butter + Sparking Sage Orangeade

Herb Rice Dolmas + Raita Dressing + Greek Yogurt Shakes

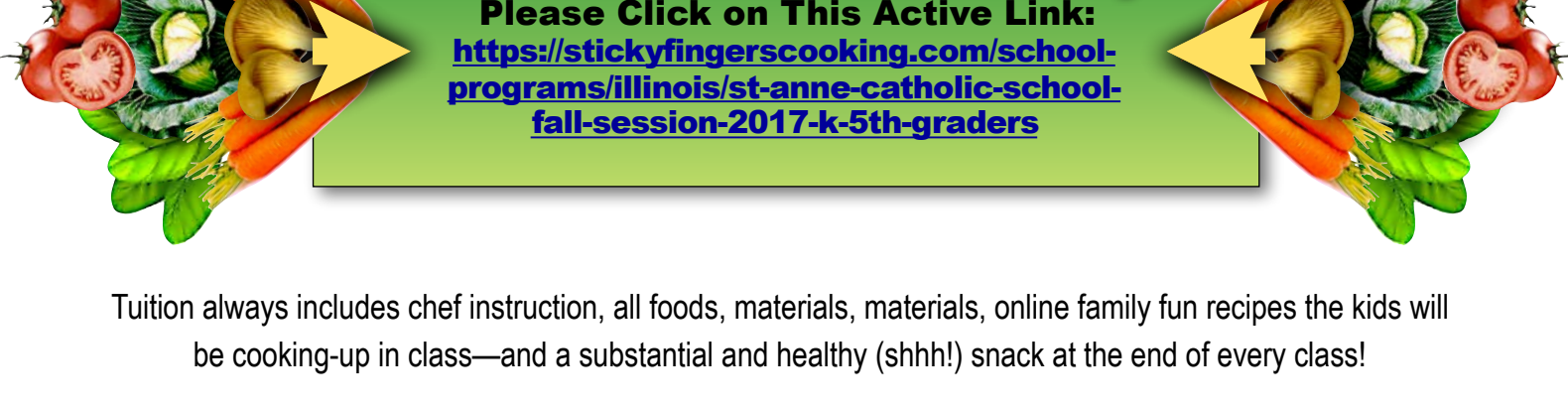
Mini Oatmeal Cookie Sandwiches + Sweet Cream Filling + Spiced Kid Lattes

Parmesan Risotto + Easy Caesar Salad Boats + Lemon Zabaglione

Please note that recipes are subject to change – Based on our creative whim!

Classes are always nut-free, and any and all dietary restrictions can and will be accommodated.

All of our Sticky Fingers trained cooking instructors share lifetime love of cooking and a passion for cooking with kids! We have Montessori school teachers, culinary school teachers, summer camp directors, catering chefs, and graduates from Le Cordon Bleu in Paris on our talented team of kids cooking instructors.



Tuition always includes chef instruction, all foods, materials, 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!

www.stickyfingerscooking.com

