



Allkids in the Kitchen





FREE Virtual Family Food as Medicine Classes
Join us for one of our four seasonal cooking adventures each year!
Wednesdays at 6:00 PM • 100% FREE • Join from home • Simple, affordable ingredients

During each seasonal session, kids and families will:

- ⭐ Cook simple, delicious, kid-friendly recipes together
- ⭐ Explore flavors, herbs, spices, and foods from around the world
- ⭐ Build confidence with age-appropriate kitchen skills
- ⭐ Learn how food helps our bodies grow, play, learn, and stay healthy
- ⭐ Discover Food as Medicine through fun, interactive lessons
- ⭐ Cook along live or watch and learn from home

Each season features a different theme:

- Fall 2026: Pantry to Plate
- Winter 2027: Around the World
- Spring 2027: Garden to Table
- Summer 2027: Sunshine on a Plate

…plus more specialty classes throughout the year!

Perfect for children and caregivers of all ages and cooking experience.
Hosted by Johns Hopkins All Children's Hospital
📱 Scan the QR code to check dates and register for the next seasonal session.
Questions? Email: achfit4allkids@jhmi.edu

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