



HEALTHY KIDS CORNER

Let's Cook Together!

Cooking together with your family introduces you to new foods and helps you learn important life skills with the help of an adult. Plus, it's fun!

Remember, wash your hands with soap and warm, running water before and after cooking. Follow all safety rules.

Let's make a plan to cook together.

What meal will you cook? _____

Who will do what? _____

When will it happen? _____

What needs to be done to prepare for the meal? (shopping, cleaning the kitchen, etc)

Looking for recipe inspiration? Check out these Bell Pepper Nachos: youtu.be/3bRvICxqySQ

Shopping list:

Remember to check the fridge and pantry before shopping! Cross off anything you already have.

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.