

# TKC's FAMILY COOKING PROGRAM

*Cooking with Ätsuq!*



**Who?** TKC Child(ren) and Parents

**Where?** TKC Health Building Kitchen

**When?** Every second Wednesday starting November 10<sup>th</sup> from 4:00 – 5:30 pm

## Menu:

November 10<sup>th</sup> – Chicken Parmigiana (Cheater)

November 24<sup>th</sup> – BBQ Beef Cups

December 8<sup>th</sup> – Chicken Pot Pie

December 22<sup>nd</sup> – Naan Pizza

January 5<sup>th</sup> – Salmon Chowder

January 19<sup>th</sup> – Quesadillas

February 2<sup>nd</sup> – Beef Stew (Moose)

February 16<sup>th</sup> – Fish Cakes

March 16<sup>th</sup> – Quiche Florentine

March 30<sup>th</sup> – Spaghetti A La Vongole

Come have some fun with your children while preparing a healthy meal!

## Children will Learn:

- Basic cooking skills
- Using appliances safely
- Measurements & temperature
- Food safety & kitchen safety skills
- Healthy eating habits
- Reading food labels
- Excessive sugar
- Learn about the Canada Food Guide
- Read, follow, and prepare recipes
- Cooking terminology
- Learn to work as a team with parents/caregivers and others
- Taste new foods
- Kitchen cleanliness and sanitizing
- Cooking with traditional foods

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Space is limited, so RSVP with Debbie Anderson, TKC's Community Education Liaison Coordinator, at 668-3613 ext. 413 or [CELC@taan.ca](mailto:CELC@taan.ca)