

# Learn to Cook This Summer!

University of Illinois Extension's **Illinois Nutrition Education Programs** and **Illinois 4-H** are offering a series of kid-friendly cooking classes. Illinois Junior Chefs program is a great program for children 8 to 13 years old to learn basic cooking skills while having fun. **All classes are free of charge!**



Easy to make, tasty recipes

Tips to stay safe in the kitchen

Tips on eating healthy

## Class Information:

If you need reasonable accommodations to participate in this program, call:

**2018 Illinois Junior Chefs is co-sponsored by Illinois Nutrition Education Programs, National 4-H Council, and the Walmart Foundation**

**I ILLINOIS**  
Extension



**Walmart**  **Foundation**

This institution is an equal opportunity provider.

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