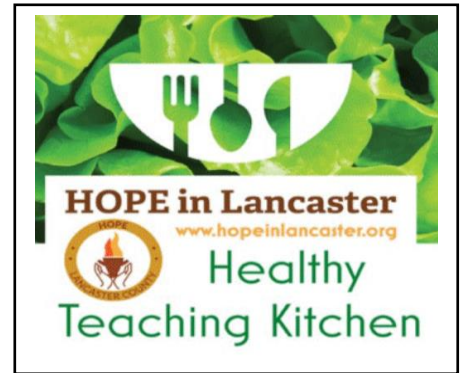


Healthy Teaching Kitchen Class Schedule

305 East Arch Street, Lancaster

Teaching Kitchen Coordinator: Katey Powell (803)577-3300



January

Tuesday, January 7th 3:30-5pm & Thursday, January 9th 3:30-5pm **Tiny Chefs: Flour Power**

Aspiring chefs will be mixing, rolling, stuffing, folding, and baking sweet and savory hand pies from scratch. Then of course there will be tastings!

Thursday January 16th, 6:00-8pm **Stocks and Soups**

Yummy soups packed with fresh, seasonal vegetables! Butternut soup in the blender, good ole' vegetable soup and making your own chicken stock from scratch to start any soup are some of the things you will experience in this class.

Monday, January TBA 9:30-11am **Heath Springs Healthy Seniors Class**

Thursday, January 23rd - 1-2:30pm **Lancaster Healthy Seniors Class**

February

Tuesday, February 11th and Thursday, Feb. 13th 3:30-5pm **Tiny Chefs: Teacups and Trucks**

Chefs will create tea party treats such as sugar cookies and dump cake, gummy worms included. Chefs will also learn etiquette skills that will benefit them for years to come.

Thursday, Feb. 20th 6:00-8pm **Heart Healthy Cooking**

Participants will prepare three different heart healthy meals: Asian chicken lettuce wraps, Sweet and spicy glazed salmon and a Hearty Bean burrito bowl.

Monday, February TBA- 9:30-11am **Heath Springs Healthy Seniors Class**

Thursday, February 27th - 1-2:30pm **Lancaster Healthy Seniors Class**

March

Tuesday, March 10th & Thursday, March 12th 3:30-5pm **Tiny Chefs: Green Eggs and Ham**

Connecting cooking and literature as chefs whip up some green eggs and other green-themed treats for fun and tasty after school snacks.

Thursday, March 19th 6:00-8pm **Cast Iron Chef**

Cast iron skillets are making a comeback! Our grandmothers knew best! Learn how to season, clean and cook delicious recipes for breakfast, lunch, dinner and dessert!

Monday, March TBA– 9:30-11am **Heath Springs Healthy Seniors Class**

Thursday, March 26th - 1-2:30pm **Lancaster Healthy Seniors Class**

April

Tuesday, April 7th & Thursday, April 9th **Tiny Chefs: Pizza Palooza**

Layer on homemade sauce and kid-friendly toppings to bake to a crispy, bubbly delicious pizza. We will also make dessert pizzas to share. Who makes the best pizza in town? You do!

Thursday, April 23rd - 6:00-8pm **Healthy Skin Begins Within**

Participants will learn how good nutrition and stress management makes our skin glow. We will also make homemade scrubs, treating our biggest organ with TLC.

Monday, April TBA- 9:30-11am **Heath Springs Healthy Seniors Class**

Thursday, April 23rd - 1-2:30pm **Lancaster Healthy Seniors Class**

May

Tuesday, May 12th & Thursday, May 14th 3:30-5pm **Tiny Chefs: Garden of Eating**

Chefs will start their own sprouts jar, make refrigerator pickles from farmers market cucumbers and make a protein-packed tofu dish.

Thursday, May 21st 6:00-8pm **Plant-Based Cooking on a Budget**

Let's eat Vegan for a change! Participants learn some tasty, popular family-friendly, whole food, plant-based meals! All of which can be made in 30 minutes or less.

Monday, May TBA 9:30-11am **Heath Springs Healthy Seniors Class**

Thursday, May 28th - 1-2:30pm **Lancaster Healthy Seniors Class**



Brownie and Junior Food Badge related classes available. \$8/child.



Home School Classes available one Wednesday of the month. The week is subject to change, so please call Katey for details and times.

Tiny Chefs: Kids Cooking

Classes for ages 6-10

Cost: One -Two children \$12/class
Family of 3 or more: \$10/child

Check out our Eventbrite page for tickets to upcoming events.

<https://www.eventbrite.com/o/hope-in-lancaster-inc-29045643159>



Call our Teaching Kitchen Coordinator,
Katey Powell at (803)577-3300 for more information.