



COOKING FROM THE GARDEN

A Slow Food Denver After School Enrichment

The program:

A weekly after-school program, Cooking from the Garden incorporates the school garden through planting, maintaining, harvesting and preparing food in seasonal cooking classes. The program lessons are adapted from the Slow Food USA School Garden Curriculum. Exact classes vary based on age, season, harvest and the school schedule.

Classes at Maple Grove will be held on Mondays for Kindergarten through 3rd grade and on Tuesdays for 3rd through 5th grade. Both classes will run from 2:35-3:35.

K-3: January 28-March 18

3-5: January 29-March 19

The goal:

Create an interactive and multi-faceted learning environment to transform students from passive food consumers to creators, and in so doing increase their health awareness.

Children will discover their own taste preferences, learn to create dishes they enjoy, derive self-esteem and pride as they learn how plants grow, how to prepare & eat them and share them with their community.

The cost:

Cost is \$140 per child for the entire seven-week program. Please visit <http://www.slowfooddenver.org/cooking-from-the-garden-after-school-program/> to register.

Contact annie@slowfooddenver.org with any questions!