

Salamone's **PASTAbilities**



Cooking with
Children

Dear Childcare Provider,

Salamone's **PASTAbilities** is offering a fun opportunity for your afterschool children – instructional cooking classes. Each onsite cooking session will run for 6 weeks, this one runs from the week of October 12 through the week of November 16. We suggest 3:30 p.m. as a start time for this 1 1/4 hour class. We'll work with you to choose the best dates and times.

This is the way it works: you choose a day of the week, we provide a flyer/form to send home with your location and days listed. The class menus are already set (see below). The charge is \$8 per student, per week (that's \$48 total), minimum 8 students.

What do we need from you? A room dedicated to the class (or at least one side of a room), access to your oven and kitchen facilities (**PASTAbilities** staff only), and electricity. We'll bring all ingredients, tools, supplies, etc. The children get a healthy snack and recipe card(s) to take home each week.

As always, we at **PASTAbilities** are sensitive to the needs of all children – our flyer/form will ask about allergies (which we will work around) and specify that school age children of all abilities can participate.

This first 6 week session is focusing on fall and the holidays, as well as local crops of apples and pumpkins. **This is our planned menu with Mondays as the sample dates:**

Week	Date	Fall Session Menu
1	Oct 12	Apple Crisp & Easy Carmel Apples
2	Oct 19	Homemade Macaroni and Cheese
3	Oct 26	Mexican Cheese Quesadillas and Fresh Salsa
4	Nov 2	Apple Sausage Stuffing & Baked Apples
5	Nov 9	Cut-out Cookies (2 kinds)
6	Nov 16	Mini Pumpkin Pies w/Homemade Crust

PASTAbilities' goal for these Afterschool Cooking Sessions is to teach cooking skills and encourage children to try new foods, and inspire creative and healthy eating habits.

Call for your choice of time & day of the week. We will email a customized flyer for you to print out and send home to your afterschool children (see next page for example). If your childcare center can't participate this time, the details for the next cooking session will be available in early November – this will be an ongoing program, so keep in touch.

Please call **Deanna Salamone at 338-2558** or email her: Deanna@SalamonesPASTAbilities.com with any questions or concerns – or to reserve your childcare center's day of the week.

Thanks!

Deanna Salamone

Owner/Creator of **PASTAbilities**

"Where the PASTAbilities are endless."

We do so much more than pasta! For more information be sure to check out our website: www.SalamonesPASTAbilities.com

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Children

Dear Parents,

Salamone's **PASTAbilities** is offering a fun opportunity for your afterschool children – instructional cooking classes at **Your Childcare Center Name Here**. This first onsite cooking session will run for **6 weeks**, every **Monday from October 12 through November 16 at 3:30 p.m.** – running for 1 1/4 hours.

The charge is \$8 per child, per week (that's \$48 total), and we need a minimum 8 students for the class to run. **PASTAbilities'** goal for these Afterschool Cooking Sessions is to teach cooking skills, encourage children to try new foods, and inspire creative and healthy eating habits. Each week your child will have a healthy snack and try their hand at cooking something new (see the fall session schedule below) – they also take home the recipe(s) they've made during that class.

As always, we at **PASTAbilities** are sensitive to the needs of all children – if your child has allergies please list them below, will work around them. Schoolage children of all abilities can participate. *Safety is important to us! Children will not be allowed near the oven, small portable burners will be used for stovetop recipes – age appropriate participation only!*

This first 6 week session is focusing on fall and the holidays, as well as local crops of apples and pumpkins.

Week	Date	Fall Session Menu
1	Oct 12	Apple Crisp & Easy Carmel Apples
2	Oct 19	Homemade Macaroni and Cheese
3	Oct 26	Mexican Cheese Quesadillas and Fresh Salsa
4	Nov 2	Apple Sausage Stuffing & Baked Apples
5	Nov 9	Cut-out Cookies (2 kinds)
6	Nov 16	Mini Pumpkin Pies w/Homemade Crust

The details for the next cooking session (January-February) will be available in early November.

Please call **Deanna Salamone at 338-2558** or email her: **Deanna@SalamonesPASTAbilities.com** with any questions or concerns – otherwise just fill out your child's info below. *No refunds will be given for individual classes missed.*

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Please sign up my schoolage child! I've enclosed my check for \$48, written to Deanna Salamone (Owner and Creator of Salamone's PASTAbilities). Money due on or before the first class: October 12.

My Child's Name _____ Age _____

Parent's Name _____ Phone _____

Any Food allergies? (Please list everything.) _____

What is your child's cooking experience? _____

Anything else you'd like us to know? _____

Would you like more information about Salamone's PASTAbilities? _____