

Salamone's **PASTAbilities**



Cooking with
Children

Salamone's **PASTAbilities** is offering a fun opportunity for your Pre-K children – instructional cooking classes. Each onsite cooking session will run for 6 weeks for 1 1/4 hours. 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 children of all abilities can participate.

This is the planned menu for our **ABC Pre-K Cooking Classes**

Week	Menu
1	Silly Animal Snacks! Pigs in a Blanket, Ants on a Log, and Birds' Nest Treats. Bring your favorite stuffed animal to share the fun!
2	Mac 'n' Cheese Pleeeeeease! Homemade Cheese Sauce and Criss-Cross Applesauce from scratch.
3	Pancake Party! Fun & Creative ways to decorate pancakes with apples, sausage, sprinkles, chocolate chips, etc. Using a squeeze bottle to make letters and shapes – your little one will laugh and learn!
4	Krazy Kabobs: 1 Kabob, 2 Kabob, 3 Kabob, More! Little hands will enjoy making these hot dog, fruit, and s'more kabobs – fun food on a stick!
5	Cake, Cones, and Cupcakes! Your little one will have so much fun decorating clown faces, creating yummy cakes with shapes & designs using large cookie cutters.
6	Green Eggs & Ham: An Egg-cellent Idea! Invite a friend and enjoy the story of Dr. Seuss. We'll try something new, We'll try something good; Nutritious! Delicious! Come eat as Sam should! Hands-on techniques on egg cracking and opening. And where does that egg come from? Interesting and Egg-strordinary – don't miss it!

PASTAbilities' goal for these Pre-K 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).

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

Salamone's PASTAbilities



Cooking with
Children

Dear Parents,

Salamone's **PASTAbilities** is offering a fun opportunity for your Pre-K 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 Pre-K 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 schedule below) – they also take home the recipe(s) they've made during that class.

We at **PASTAbilities** are sensitive to the needs of all children – if your child has allergies please list them below, we'll work around them. Pre-K 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!*

ABC Pre-K Cooking Classes with Salamone's PASTAbilities

Week	Menu
1	Silly Animal Snacks! Pigs in a Blanket, Ants on a Log, and Birds' Nest Treats. Bring your favorite stuffed animal to share the fun!
2	Mac 'n' Cheese Pleeeeeease! Homemade Cheese Sauce and Criss-Cross Applesauce from scratch.
3	Pancake Party! Fun & Creative ways to decorate pancakes with apples, sausage, sprinkles, chocolate chips, etc. Using a squeeze bottle to make letters and shapes – your little one will laugh and learn!
4	Krazy Kabobs: 1 Kabob, 2 Kabob, 3 Kabob, More! Little hands will enjoy making these hot dog, fruit, and s'more kabobs – fun food on a stick!
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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.*

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



Salamone's PASTAbilities

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? _____