

Junior Chefs Camp (6-8years)

Camp Dates/Times/Location

- Monday – Thursday, June 15 – 18 **CAMP FULL**
- Monday - Thursday, July 6 – 9 **just added!**

9 a.m. – noon

DCRC, Community Hall Kitchen

Camp Overview

This cooking camp is perfect for children with little to no experience in the kitchen. Future chefs roll up their sleeves and create a variety of foods that are easy to assemble, taste great, and can be created at home with family. Each day focuses on a different type of food and includes learning basic kitchen safety. All recipes are sent home on the last day, along with a special culinary certificate.

On the back of this sheet is a breakdown by day. Please note that the schedule is subject to change and culinary creations are usually eaten during the camp (individual portions).



Expectations for Parents

Parents are expected to contact Jennifer Vosters at 614-410-4573 prior to enrolling if your child has any food allergies. Parents are expected to sign their child in/out of the camp each day. Drop off no sooner than 9 a.m. and pick up at noon. *An online healthcare form is not required for this program.*

What to Wear/ What to Bring

Children should dress appropriately for the kitchen and wear clothing that could get dirty. Short sleeves and fitted clothing should be worn for safety and ease of cooking. **Please make sure children wear closed-toed shoes!** All supply fees are included.



Junior Chefs Camp

Monday, June 15, 2015: *BREAKFAST BONANZA*

After learning the nine basic kitchen rules for any junior chef, we begin the week off by preparing a bonanza of breakfast foods that are easy and fun to make. The menu for the day includes: Cinnamon Roll Pancakes; Quiche Cupcakes; and Fruit & Yogurt Breakfast Cones. Junior chefs will also have a lesson in the proper way to handle knives and cutting during the cooking process.

Tuesday, June 16, 2015: *LUNCHESS KIDS LOVE*

Day two for our junior chefs includes a variety of foods that they can easily make for lunch any day of the week. The menu for the day includes: Cheesy Pizza Bites; BBQ Chicken on a Stick; Turkey Rainbow Roll Ups; and Oatmeal Sandwich Cookies. To round out their day, they will review the kitchen rules and proper handling of utensils, and add to their learning by discussing how fun foods can still be healthy, good choices to make.

Wednesday, June 17, 2015: *DELICIOUS DINNERS*

Day three has the junior chefs involved in learning more about their own nutrition and how to prepare delicious dinners that the family will love! The menu for the day includes: Turkey Meatloaf Muffins; Chicken Pot Pies; Oven Roasted Parmesan Veggies; and Strawberry Shortcake. They will also learn how these foods fit into the *ChooseMyPlate* concept supported by the USDA.

Thursday, June 18, 2015: *SENSATIONAL SNACKS*

We finish out our Junior Chefs Camp with a day designated to snacking fun! The menu for the day includes: Frozen Fruit-sicles; Chips 'n' Dips; Chocolate Chip Blondies; and Homemade Vanilla Ice Cream. Our Junior Chefs leave the cooking camp week with a Culinary Certificate and recipes to share with the family!

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