



## **Pack Your Lunch**

### **Overview**

Packing lunches seem like tedious tasks?

#### **Chef-K can help your child or teen learn to:**

- Prepare his/her own lunch
- Make healthy and seasonal recipes
- What to have on hand

### **Course**

#### **Let your child or teen learn to prepare his/her own lunches.**

Chef-K provides a variety of tips and hints on how to prepare lunch. We provide ideas on seasonal ingredients along with recipes to prepare for lunch every day. Participants learn to make their own lunches and bring home recipes for future reference.

We can show you some easy things to keep on hand. Students learn a variety of tips and hints on how to prepare lunch. We provide ideas on seasonal ingredients along with recipes to prepare for lunch every day. Participants learn to make their own lunches and bring home recipes for future reference.

### **Where & When**

To be scheduled.

### **Need to Know**

Coming soon.