



What's in a Snack

Overview

Confused about which snacks are healthy?

If so Chef-K can help you.

Seems too hard to prepare healthy snacks?

Want to grab something quick and nutritious?

Don't know what to keep in the house?

Chef-K can show you some easy and nutritious snacks to keep on hand.

Course

Let your child or teen learn to prepare their own healthy snacks.

Want something to take to an afterschool activity?

Want healthy snacks for a party?

Want something nutritious in the house when the kids come home from school?

We can show you some easy things to keep on hand. We provide ideas on seasonal ingredients along with recipes to prepare for parties or at home after school. We'll also give ideas about what to throw in a backpack for an after school activity. Participants learn to make their own snacks and bring home recipes for future reference.

Where & When

To be scheduled.

Need to Know

Coming soon.