



FCC-STL

FAMILIES WITH CHILDREN FROM CHINA - ST LOUIS

Cooking Class

Saturday, November 11, 2017 2-5pm

SLU Department of Nutrition and Dietetics

3437 Caroline Street, St. Louis, MO 63104

Due to the popularity of the cooking classes, we are offering it again—with all new recipes!

On Saturday, **November 11th from 2-5 pm**, St Louis University will be hosting a Chinese Cooking Class for FCC children.

The class will be lead by volunteers from the SLU Department of Nutrition and Dietetics:

- Ashley Moyna, a current graduate assistant and registered dietitian
- Heather Kirkover, a current intern and former leader of SLU Culinary Camp

This year the children will make a Chinese Five Spice Powder and will learn knife skills (slice, dice, chop, and julienne), which they will use to make a variety of Chinese Dishes.

At the end of the class, there will be a buffet served with the prepared dishes (bring Tupperware for leftovers). The children will bring home recipes of the dishes that were prepared as well as a sampling of the Chinese Five Spice Powder.

There are enough spaces in the Food Lab for **18** children, ages of 10 - 18 years.

The event will be FREE for FCC members and \$20/child for non-FCC members. FCC member children will be given first priority and non-FCC children will be assigned the remaining spots in the order in which they registered.

Register online (www.fccstl.org/events) while there are open spots! A waiver form, which must be returned to FCC prior to the event, is also on the website.

Registrations are open for all until Sunday, October 29th. At that time, non-FCC members will receive a PayPal invoice for \$20/child to their e-mail address to officially register for the session.

Due to limited space in the Food Lab, parents will not be able to stay and observe. Parents are welcome to leave (IKEA is close by) or hangout at one of the public spaces on

P.O. Box 220373
SAINT LOUIS, MO 63122

WWW.FCCSTL.ORG