

# FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs at 45 East Street, Hopkinton



## COOKING & EATING HEALTHY SERIES

\$100 per 6 week class

### COOKING FOR WEIGHT LOSS

This program is for those looking to try a different way to lose weight. Each class will review a topic to aid in weight loss. Topics include: Meal Planning, label reading, and snacking.

**Tuesdays at 5:30pm – 7:00pm**

### HEART HEALTHY COOKING

This program is designed in alignment with the American Heart Association Guidelines. Each class will cover a heart healthy topic. Topics include: Salt and fat in cooking, understanding cholesterol levels, and label reading.

**Wednesdays at 5:30pm -7:00pm**

### COOKING FOR CANCER SURVIVORS

While preparing healthy recipes cancer survivors will learn about maintaining or achieving a healthy diet. Topics include: Plant-Based Diet, Organic vs. Conventional, and Weight Changes after treatment.

**Wednesdays at 3:00pm – 4:30pm**

### COOKING FOR DIABETES PREVENTION

This class will start by preparing recipes in accordance with the American Diabetes Association guidelines and each week we will focus on a different topic. Topics include: Carbohydrates and cooking, meal planning, heart health, and label reading.

**Thursdays at 5:00pm – 6:30pm**



## CHILDREN & FAMILY CLASSES

### Food Exploration: Ages 5-10

This class is a safe and comfortable environment where chefs are encouraged to try new foods. This program also includes information for parents on best practices to help children try new foods and reduce power struggles over food!

**Tuesdays from 4:00pm – 5:00pm**

\$115 member/\$230 nonmember

### COOKS & BOOKS, AGES 4 & 5

Students will learn basic kitchen, cooking, and safety skills creating recipes tied to books read in the kitchen. This 7 week class will run on

**Thursdays from 1:00pm – 2:00pm**

\$115 member/\$230 nonmember

### KIDS IN THE KITCHEN: Baking Edition

#### AGES 6-10

Each week kids will sharpen their baking skills by baking a variety of items including muffins, healthy cookies, and much more!

**Mondays from 5:00pm – 6:00pm**

7 Week session \$115 member / \$241 non-member

### TEENS IN THE KITCHEN, AGES 11-18

This class is for chefs excited to explore the kitchen! Participants will be learning kitchen safety skills when using knives, stovetops, and ovens while creating delicious dishes.

**Thursdays from 6:00pm-7:00pm**

\$115/members \$230/nonmembers

### FAMILY DINNER NIGHTS

Spend some quality family time together while cooking a fun, healthy meal!

Friday, October 18th Harvest Dinner Join us for this special event using fruits and vegetables from our garden.

**Monday, November 4th** Artisan Chicken Pot Pie

**Friday, November 15th** Healthy Holiday Favorites

\$15 member/ \$20 nonmember