



# Kids Mini-Session

You've asked for it, so here it is! This summer we are hosting a series of 2-hour Kids Mini-Sessions where kids ages 9-13 can come and prepare two meals, see a cooking demonstration and learn about food safety...

***Mini-sessions are limited to five children, reservations may be made online or by phone. Because we are limiting these to such a small number of kids, we will be taking payment at the time the reservation is placed.***

To reserve a spot online, simply select the Kids Mini Session on our Session Calendar and follow the instructions (showing where "nutritionals" usually are). To reserve by phone, please call 813.264.7700/Carrollwood or 813.684.6900/Brandon. Space is limited to 5 kids per session.

The menu for these sessions is fixed as this will enable us to work closely with all of the children together. Our goal is that they have a great time, prepare meals that will be enjoyed by everyone at home and also learn a little something new! In each session, we have chosen one very child-friendly dish and one dish meant to open them just a little to exploring other flavors.

## **Thursday, July 8th @ 1pm. \$45/child – Call to reserve.**

**Demonstration:** We will cook the ***Bacon Wrapped Beef with Mushroom Rosemary Sauce*** and let the kids try it so they can then customize it to their taste (or at least half of it!) when they prepare the dish.

The kids will prepare the following dishes to be cooked at home with you at your convenience all will be packaged ready to freeze:

- Bacon Wrapped Beef with Mushroom Rosemary Sauce and Parmesan Polenta
- Meatball Lasagna
- A special dessert

We will also talk about food safety and show them how to use an instant read thermometer which they will take home with them. *(This will vary depending on if we have a lot of repeat kids or if they are new.)*

## **Thursday, July 15th in the afternoon – see calendar for details.** **\$45/child – Call to reserve.**

**Demonstration:** We will cook the ***Greek Style Shrimp with Pasta*** and let the kids try it so they can then customize it to their taste (or at least half of it!) when they prepare the dish.

The kids will prepare the following dishes to be cooked at home with you at your convenience all will be packaged ready to freeze:

- Greek Style Shrimp with Pasta
- Dijon Buttermilk Chicken
- A special dessert

We will also talk about food safety and show them how to use an instant read thermometer which they will take home with them. *(This will vary depending on if we have a lot of repeat kids or if they are new.)*

***These sessions have been very popular!***  
***Look for more Thursday afternoon sessions to be added in July & August. Please call us for details – we will be happy to save a spot for your child.***