



HANDS-ON COOKING WITH VIBRANT FRUITS AND VEGETABLES

Healthy Kids in the Bon Appétit Kitchen is a nutrition and culinary education program designed to teach and empower children to make healthy food choices for themselves and their communities. We'll transform your café or garden into a hands-on classroom for your kids, or for children from nearby community organizations or schools.

Fun two-hour program teaches kids:

To become more comfortable trying new foods, especially fruits and vegetables.

The importance of eating fruits and vegetables every day in a variety of types and colors.

How whole fruits and vegetables can be transformed into a healthy meal and easily incorporated into our regular diet.

The connection between what we eat and our health and ability to do what we enjoy.

Where food comes from and to gain an appreciation for gardens and farms that produce the food we eat.

Introducing children to the vibrant colors, flavors, and textures of garden-fresh produce in a fun, social setting can help to shift their taste preferences toward fruits and vegetables.

