



Kids in the Kitchen! Cooking Class

Date: Saturday, March 21, 2015

Time: 2:00-3:00 p.m.

Cost: \$8 PER CHILD.

Class Theme: Eat the Rainbow

Join your Hy-Vee dietitian for this kid-friendly cooking class focusing on encouraging kids to try new foods! In this month's class kids will scoop, roll, pour, stir up and enjoy fun snacks that feature different colors of the rainbow. After class, your child will receive an "I Tried It" sticker. If your child has special dietary needs or food allergies, please tell us when registering.



Class Location: 70th & Pioneers Hy-Vee Dining Room.

Recommended Age: 3- to 11-year-olds.

A parent or guardian must accompany 3- to 4- year-old children.

To Attend: Register at the 70th & Pioneers Hy-Vee customer service counter OR online at www.hy-vee.com under Lincoln #5 Store Events.

**Pre-pay at customer service at least 24 hours in advance to save your spot.*

**A minimum of 4 registered and pre-paid kids is required for the class to run.*

**Each class size is limited to 12, so register early!*

Questions: Please contact your Hy-Vee dietitian, Alyssa Krejci, by phone at (402) 489-4244 or by email at akrejci@hy-vee.com.

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