

# FOOD FOR LIFE

## NUTRITION AND COOKING CLASSES

### JOIN US IN THE KITCHEN

Physicians Committee for Responsible Medicine instructor, Nerma Frieden, is thrilled to bring nutrition information to children of the GHMS in a way that is fun, interactive, and tastes great.

Children have the opportunity to explore a wide variety of vegetables, fruits, grains, and legumes that make their plate a powerful one. The recipes in class are kid-tested and are guaranteed to satisfy the pickiest eater!

**LEARN** why Power Plate foods are good for you

**ENJOY** cooking demonstrations

**TASTE** healthy, tasty meals

**SHARE** your thoughts about food with friends

### REGISTER

Contact Kim Kiesewetter at [kiesewetterk@ghills69.com](mailto:kiesewetterk@ghills69.com)



### Cooking Instructor Nerma Frieden

Questions?  
309-370-9490, [fflclasses.org](http://fflclasses.org),  
[fflinstructor@gmail.com](mailto:fflinstructor@gmail.com)



### JUNE 11-14, 9 AM-11AM, \$50, GHMS Kitchen

First Class	Bang-Up Breakfasts
Second Class	In-Between Meals and Sweeter Deals
Third Class	Rainbow Lunches
Fourth Class	Digging These Dinners

#### Notes

- For kids entering 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade.
- Parents receive a note in advance so they understand what will be covered.
- Students receive a colorful workbook and an apron.
- Turn in forms and money by May 20<sup>th</sup> to Elementary or Middle school office or to Kim Kiesewetter.

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

**PCRM**  
Physicians Committee for  
Responsible Medicine



**FOOD FOR LIFE**  
Kids Health



# 2019 GERMANTOWN HILLS COOKING CAMP

COST : \$ 50 ( INCLUDES APRON)

WHO: KIDS ENTERING 4<sup>TH</sup>-6<sup>TH</sup> GRADE

WHERE AND WHEN: GHMS KITCHEN June: 11<sup>th</sup>- 14<sup>th</sup> 9:00-11:00

PLEASE FILL OUT FORM AND RETURN TO MRS. KIESEWETTER ROOM 201 BY MAY 20<sup>TH</sup>

OR MAIL TO: KIM KIESEWETTER ,103 WARRIOR WAY, GERMANTOWN HILLS, IL 61548

## MAKE CHECKS PAYABLE TO: Kim Kiesewetter

I \_\_\_\_\_parent/guardian of \_\_\_\_\_  
understand that food prepared during this cooking class may contain common allergens, and I her by assume that any risk(s) of personal injury or illness to my child that may result or from consuming or handling this food the Physicians Committee, class instructors and GHMS harmless from any and all liability for any such injury or illness. I have listed my child’s allergies below.

Allergy/Medical info:

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I authorize photographs or videos taken during class to be used. I hereby release Physicians Committee, instructors, and GHMS for any or all liabilities, claims, or demands arising out of or in connections with use of these photographs/videos.

Yes \_\_\_\_\_ No \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_ phone: \_\_\_\_\_