



Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

Truly Tasty + Fabulously Fun + Highly Acclaimed Amazing K-5th Cooking (And Always Awesome Eating!) Classes Starting at All Saints!

Wednesdays: 3:35-4:35pm

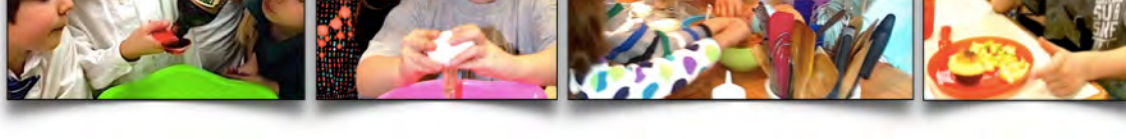
10 Classes: Sep 26th—Dec 12th (No Class on 10/31 and 11/21)

Scroll Down For A Sneak Peek At Some of THE AMAZING RECIPES The Kids Will Be Cooking-Up!



"I can't believe we made this!" --Young Chef Cade

"This is so awesome; I love it!" -Young Chef Haven



When's the last time you had Ethiopian food?

Or yummy Indian, Swedish or Columbian food? Guess what? Your kids can have a blast every week discovering how easy and fun it is to prepare (and love to eat!) tasty, healthy globally-inspired + American Classic Sticky Fingers Cooking recipes! Let your child release their inner chef and love learning to be inspired food explorers!

To Enroll Your Student:

Please Click on This Active Link:

<https://stickyfingerscooking.com/school-programs/illinois/all-saints-catholic-academy-fall-session-2018>

If they make it—they really want to taste it!

"wow this is really crazy good stuff I just made..!"

- Jason (age 7)



"I give this hundred thumbs up!"

- Phoebe (age 8)

Each delicious new recipe prepared by your young chef will be accessible online after each class at www.stickyfingerscooking.com

FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

Check Out What The Amazing Young Chefs Are Saying:

"I love it SO MUCH it's freaking me out!"

-Lexi, age 8 (after tasting the very delicious Korean Bibimbap she just made)

"This is so great! BETTER than Pizza!"

-Monica, age 7 (after tasting her Chinese New Year Bok Choy Pancakes + Mandarin Soy Dipping Sauce)

"These doughnuts are infinity percent vitamin C delicious!"

-Tae-ji, age 8 (loving the Lemon Zucchini Doughnuts he just had a blast making)

"I can't believe there is zucchini in our Mac N' Cheese! Yum!"

Enthusiastic Young Chef (savoring her One-Handed Zucchini Mac 'N Cheese + Zesty Zucchini Green Goddess Salad + Zucchini Lime Muddler)



Our fun, engaging and creative chef instructors mix together a sense of fun and excitement as they combine the love of cooking with nutritional information, safe cooking skills and hygiene, jokes, geography, math skills and food history to help inspire a lifetime love of delicious, healthy family cooking.



"I have to tell my mom about this recipe because I never eat vegetables and, wow, I love this!"-Young Chef Jordan

"I love everything we cook with Sticky Fingers!"-Young Chef Gideon

"I am so excited to see how our crew of dedicated and talented chef instructors excel at helping kids learn to love discovering the joys of making and eating super-tasty recipes made with lots of fresh, healthy and natural foods."

-Erin, Food Geek in Chief

Young Sticky Fingers Cooking Chefs Are In The News!



Young Chef Siena and Sticky Fingers Food Geek-in-Chief Erin showing FOX32 Good Day Chicago Host Corey McPherrin how to cook-up some delicious Quinoa Pizza Bites!



Sticky Fingers's ChicagoLand Lead Chef Lucy Warenski cooking-up super-tasty Cool Corn Arepas with Avocado Salsa and Watermelon Agua Fresca on WGN News

<https://stickyfingerscooking.com/about/news-events/>

What Parents And Schools Are Telling Us:

"My boys absolutely love this class and adore their Chef. Our Tuesday dinner conversation surrounds their morning cooking and nutrition experience. Thanks for brightening our household!" -Roxanne, mom

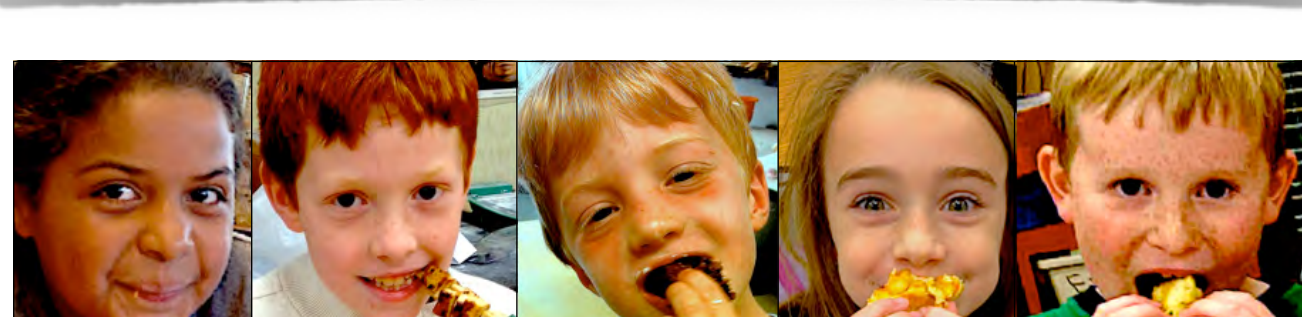
"My daughter loved the first class! As a picky eater I assumed she'd create but not eat, boy was I wrong. Thanks again for this opportunity for my kiddo." -Happy Mom

"Kudos Sticky Fingers Cooking! You and your staff are doing GREAT things! Look at the positive changes children and families are making in their lives with your inspiration!" - Angela Lauridsen, Boulder Valley School District

Just wanted to take a moment to thank you both for a great party. The kids had such a blast and they are still talking about it today! Great job, excellent food! Thanks again! -Mom of happy birthday kid

"Never are my boys so happy as when I pick them up from Sticky Fingers Cooking!" -Mom of enthusiastic, non-picky-eater young chefs

"Sticky Fingers was a life changing experience for me and my sons. In just one Sticky Fingers lesson, my twins made and gobbled up blueberry ricotta pancakes and corn arepas with avocado salsa, and went from very picky eaters to young chefs who were interacting and enjoying food. The impact from this experience was amazing." -Kay, mom



THYME to TURNIP the BEET on WHAT KIDS EAT

Here is a Sneak Peek of the Some of The AWESOME DELICIOUSNESS The Kids Will Be Cooking-Up in Classes!

Back to School Salted Chamomile Honey Doughnut Holes + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz

Perfect Pizza Bomb Bites + Sticky Fingers 'Caprese' Salad-on-a-Stick + Kid-made Italian Creme Sodas

Korean "Japchae" Stir-Fried Noodles + Sweet Soy Splash + Frosty "Banana Milk" Smoothies

September Swedish Sticky Chocolate Cake "Kladdkak" + Sweet Shaken Cream + Smashed Berry Sauce

Great Greek Spinach "Spanakopita" Cups + Chopped Feta Tomato Relish + Greek Yogurt Honey Shakes

Argentinian "Chimichurri" Pull Apart Monkey Bread + Kid-made Herbed Butter + Amazing Fruit "Agua Frescas"

Very Vietnamese Spring Roll Bowls + "Nuoc Cham" Salty-Sweet Vinaigrette + "Trà Đào" Peach Iced Tea

Please note that recipes are subject to change – based on our creative whim!

Classes are always nut-free, and any and all dietary restrictions can and will be accommodated.



All of our Sticky Fingers trained cooking instructors share lifetime love of cooking and a passion for cooking with kids! We have Montessori school teachers, culinary school teachers, summer camp directors, catering chefs, and graduates from Le Cordon Bleu in Paris on our talented team of kids cooking instructors.

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Tuition always includes chef instruction, all foods, materials, online family fun recipes the kids will be cooking-up in class—and a substantial and healthy (shhh!) snack at the end of every class!

www.stickyfingerscooking.com

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