



# iCook 4-H



## Are you looking for a cooking class for you and your nine or ten year old child?

This free class is for you! iCook 4-H allows youth and adults to cook, eat and play together. Participants set healthy lifestyle goals for themselves and are encouraged to include the rest of the family. Each week you will receive a handout packet with information from the lesson including a copy of the recipe that was prepared during class.

- What you will do:**
- Nutrition education activities
  - Develop cooking skills
  - Prepare recipes together
  - Physical fitness activities and play games
  - Learn about the importance of family mealtimes
  - Learn to set health goals for your family



## Information for this free iCook 4-H class:

**Class location:**

**Class dates:**

**Class time:**

**Contact:**

## Registration Information

Attending adult name: \_\_\_\_\_

Youth name: \_\_\_\_\_

Youth guardian name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary restrictions (include any food allergies): \_\_\_\_\_



Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to: [mydss.mo.gov/food-assistance/food-stamp-program](http://mydss.mo.gov/food-assistance/food-stamp-program)