



# Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

## Truly Tasty + Fabulously Fun + Highly Acclaimed NEW Winter Cooking (And Awesome Eating!) Classes Starting At St Anne

**PreK 4-5 Year Olds: Tuesdays: 1 1:10am-1 2:10pm**

**6 Classes: April 5th—May 10th**

**K-5th Graders: Tuesdays: 3:20-4:20pm**

**6 Classes: April 5th—May 10th**

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!" -Cade (age 7)



When's the last time you had Ethiopian food?

Or yummy Greek, 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!

## To Enroll Your Student

Please Click on Active Links:

**Preschool: [Online-Enrollment-Preschool-Classes-at-St-Anne-Spring-2016](#)**

**K-5th: [Online-Enrollment-K-5th-Classes-at-St-Anne-Spring-2016](#)**

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

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

- Jason (age 7)



"I give  
this a  
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](http://www.stickyfingerscooking.com)

FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

We Love Watching This Amazing 'Thank You Video' From The Happy Young Chefs At Mountain Meadow Community School:

<http://flipagram.com/f/RSfr928jzf>

## Check Out What The Amazing Young Chefs Are Saying:

"The food today was restaurant quality!" -Willem (age 9)

My parents aren't going to believe I made this!

It's so good! I LOVE COOKING! -Grayson (age 8)

"I have to tell my mom about this recipe because I never eat vegetables and, wow, I love this!" -Jordan (age 6)

"I make and eat things I never ever had or even heard of before!

The recipes are unexpected and always delicious!" - Liam (age 11)

"You never know what your taste BUGS will like, that's why you have to try

everything again and again." -Cameron (age 7)



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.

## The Awesome Young Sticky Fingers Chefs In The News!

### GREAT FUN TO WATCH:

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

<http://www.myfoxchicago.com/video?clipId=10051580&autostart=true>



## What Parents And Schools Are Saying:

"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 her Sticky Fingers Cooking Class! She continues to apply her skills in the kitchen and has demonstrated that she can handle more responsibility than I was giving her. Thanks for the

fantastic experience." -Amanda M. Faison, Magazine Food Editor

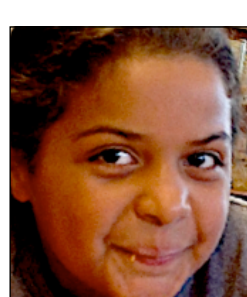
"Kudos Sticky Fingers Cooking! You and your staff are doing GREAT things! Look at the positive changes children and families are making in their lives with your inspiration!" - Angela Lauridsen, Lifelong Learning

Programmer | Kids & Teens, 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! -Birthday kid mom

"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



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

Orange Olive Oil Polenta Cupcakes and  
Rich Chocolate Glaze and Fresh Orange Steamers

Sweet Potato Doughnuts and Warm  
Apple Cider Glaze

Tortilla French Toast + Perky Pear  
Compote and Pear Smoothies

English Lemon Berry Scones and Sweet  
Clotted Cream and Proper Iced Tea

Old-Fashioned Banana Cakes and Cream Cheese  
Frosting and Banana Frappe'

Israeli Shakshuka Poached Eggs  
and Herb Flatbread

Russian Apple Sharlotka Cupcakes  
and Apple Smoothies

Awesome Oatmeal Cookie Granola  
and Yogurt Fruity Shakes

*Awesome new and original super-tasty recipes every week!*

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 includes chef instruction, all foods, materials, recipe collection and a substantial and healthy (shhh!) snack at the end of every class!

[www.stickyfingerscooking.com](http://www.stickyfingerscooking.com)



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