



ADULT Enrichment SUMMER 2021

COOKING WORKSHOPS

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To pre-register in any Adult Enrichment Class/Workshop simply email NVComEd@nvps.net with the following information:

- Name of Class/Workshop you are registering for
- Participant Name, email & phone number
- Emergency Contact name & phone number

We ask that you pre-register only when you are committed to attending, and up to 5 days before the workshop date, so that instructors can purchase and plan according to the number of participants. Late email pre-registrations will be considered if there is availability. Additional details and payment information will be emailed to those who pre-register.

Quick Healthy Family Meals

Join us in the kitchen for some cooking fun! Together, we'll discover unique flavor combinations and learn how to prepare some easy, healthy and delicious meals.

Cost: \$35 per person

Date: June 16

Time: 6 - 8pm

Location: Northview High School Kitchen

Easy Fancy Vegan

Mandy presents us with some delicious vegan options and guides us through general cooking techniques to the final dish presentation. For beginner to lifelong vegan advocate, all participants will come away with a healthier outlook on what they choose to cook and eat.

Cost: \$35 per person

Date: July 28

Time: 6 - 8pm

Location: Northview High School Kitchen

Hot Summer, Cool Food

Share the delight of watching our youngest Wildcats learn safety in the kitchen, and basic techniques to create some easy and delicious recipes. This beginner class will show kids what fun it can be to make their own food and will encourage them to choose healthier options.

Cost: \$35 per person

Date: Aug 4

Time: 6 - 8pm

Location: Northview High School Kitchen

Me and Mine: Culinary Basics

This is a one day “student with adult” class.

Camp Description: Share the delight of watching our youngest wildcats learn safety in the kitchen, and basic techniques to create some easy and delicious recipes. This beginner class will show kids what fun it can be to make their own food and encourage them to choose healthier options.

Ages: 4-8 with an adult

Date: Wed, July 28, 2021 **Time:** 12:30 - 2:30pm

Cost: \$55 per pair

Location: Northview High School Kitchen