



Start Small

Rather than taking on a complex recipe for their first culinary experience, start with one that requires very few ingredients and can be completed in relatively few steps.

It's also a good idea to bring your ingredients and supplies to the snack table so everyone has a spot and gets to participate.

Now They're Cooking!

Culinary Kids in the Kitchen

Kids have a natural curiosity when it comes to all things culinary. Since taking their first bites as a baby, little ones have been watching moms, dads, and grandparents prepare meals and snacks.

By getting kids comfortable in the kitchen, they'll have the opportunity to take on a sense of pride and often be more open to trying new foods. If we can show them that the art of cooking can be fun and rewarding, we'll be giving them an experience that will last a lifetime!

Before your culinary adventures begin, keep in mind that many children have little to no experience when it comes to navigating their way around the kitchen. Start with a basic tour, showing them where to find items they'll need for their first recipe. Be sure to review safety warnings such as not to touch hot surfaces or use sharp utensils without an adult present. Even introducing them to common measuring tools and other kitchen gadgets will go a long way when it's time to get cooking.

It's also a good idea to review your recipe ahead of time and prepare any items that are too difficult for them to help with.

By getting your prep work done ahead of time, your cooking class is sure to run as smooth as butter!

But before you grab your apron and preheat the oven, remember to always follow CACFP meal pattern requirements and to check with your CACFP sponsoring organization for additional information on planning your menus, including your snacks.

Now let's get cooking!

CACFP is an indicator of quality child care.

Blended Favorites

- 4 cups frozen berries
(*strawberries, blueberries, raspberries*)
- 1 banana, peeled and chunked
- 1 cup low-fat vanilla yogurt
- ¼ cup orange juice
- 2 cups packed fresh baby spinach, stems removed or kale

Combine spinach or kale and orange juice, blending until smooth. Add berries, banana and yogurt, blending until smooth. If necessary, add more orange juice or yogurt to reach the desired consistency.