

FOR IMMEDIATE RELEASE

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## **Kids Cooking Program Creates Early Interest in Nutrition**

Teach a kid to cook and you'll feed him for a lifetime

The Wellness Kitchen's Lead Chef, Evan Vossler has a passion for instilling in our youth the importance of quality nutrition and cooking skills. If it were up to him, he'd teach courses such as this several times per year. Back in June, he co-led the Teen Cooking Program for ages 13 through 18 with wonderful feedback from kids and parents, including:

*"She is much more interested in clean eating than she was before and is even integrating into her home life." and "She really liked it; she shares what she learned with her friends and family."*

A new series of **Kids Cooking Classes** is scheduled to begin on three Monday afternoons in October for **ages 8 through 12**. Classes are at a suggested donation of \$10 per class and parents must be present but won't be participating. The Wellness Kitchen has a wonderful resource library to keep the parents entertained throughout the one-and-one-half hour class.

Please contact The Wellness Kitchen if you are interested in sponsoring child-sized small aprons or participation awards for this program.

**Mondays from 3:30pm - 5pm**

- **October 15 - How to Eat a Rainbow**
- **October 22 - Breakfast and Beyond**
- **October 29 - Power Snacks**

Register at <http://www.thewkrc.org/calendar.html>.

Space is limited and will sell out quickly. Classes are held at The Wellness Kitchen, 1255 Las Tablas Rd. Ste. 102 in Templeton. Parents are encouraged to enroll their child in the entire series.



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**The Wellness Kitchen and Resource Center** is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers.

<http://www.thewkrc.org/>