

Healthy Family Healthy You

To: Parents of children who are interested in cooking

From: Natasha Nadel, local mom, journalist and author of The Healthy Mama's Guide to feeding your family well and The Healthy Family, Healthy You Cookbook.

Re: August Kosher Cooking Camp (*Please note that classes will be mixed gender*)

Location: My home in Potomac, 1 block behind 7 Locks Rd

Time: 9am to 3pm

Cost: \$250 - Inclusive of supplies and \$50 non-refundable deposit to hold your space. Remainder of tuition (\$200) due June 1, 2017

Dates:

Week of August 14th Ages 5-8 (Entering Kindergarten-3rd grade) [SOLD OUT]

Includes cooking, related art projects, and water play (possibly video).

Week of August 21st Ages 9-13 (Entering 4th — 8th grades) [5 SPOTS LEFT]

[Due to high demand, now includes 8yo/entering 3rd grade-13/entering 8th grade]

Includes cooking (healthful, vegetarian cuisine), related art projects and video projects

And...wait for it...the best news – EVER! You won't need to pack a lunch!

We'll be eating what we cook every day and all sit down to a nice lunch together at the dining room table.

Next steps:

To get the ball rolling, please email me (Natasha@HealthyFamilyHealthyYou.com) about your interest with your child's name, age and grade entering in fall 2017 (& allergies). (I'm also happy to send you more details about the camp at this time)

2nd step: Secure your spot with a \$50 deposit. Remaining tuition (\$200) due June 1.

If you are interested in cooking classes/workshops for your child (or yourself!) but these dates don't work for you, please do be in touch. Also, see the events page on my website. <http://www.healthyfamilyhealthyyou.com/healthy-workshops-events/>

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More great things we will enjoy at an age appropriate level:

- A fun but calm atmosphere where safety comes first
- Campers will develop their own signature dishes they can make on a regular basis for weekdays and Shabbat/YomTov
- Develop their cooking personalities, specialties
- Learning to set the table with pride
- Creating organic centerpieces
- Develop healthier versions of your family's favorite foods, including desserts
- Take home a binder complete with all recipes they've learned and those they've created.
- Food-based art.
- Brachot will be incorporated into all eating.
- Your children will go home excited about what they created, open to trying new foods and eager to help out in the kitchen.

Spaces are limited and on a first-com-first-served basis.

To get the ball rolling and to secure your spot, please email me (Natasha@HealthyFamilyHealthyYou.com) with your child's

name, age and grade entering in fall 2017.

Also, please note any allergies at that time. I want to be sure of a safe environment for your child.

More info:

Almost all of what we do will be gluten-free and it could potentially ALL be if there are children registering who have a gluten-intolerance.

Most or all recipes will be vegetarian or vegan.

Healthy Family Healthy You

We will work with real food and enjoy delicious and healthful foods from cuisines around the world.

About me:

I'm a Hebrew Academy parent, a journalist, and the author of two books focusing on family, food and health. It's my goal to spread a fun attitude towards healthy food throughout our community, through my cooking camps, adult workshops, and children's "fruit funshops."

Currently, I teach a weekly cooking class at the Hebrew Academy, designed to give students healthy, easy recipes they can contribute to their family's shabbos table each week.

I've conducted my fruit funshops for Jewish preschools, camps and hosted Ladies Night Out workshops in the community for the past several years.

If you are interested in this type of programming for your shul, child's school, sisterhood, group of friends, non-profit fundraiser, etc... options include a one-time fruit funshop (making apple "cookies" or watermelon "pizza") or a series of fun, healthy workshops (such as learning about and making green smoothies, fun healthy appetizers, nachos or homemade granola bars).

You will love seeing your children laugh, learn and create fun projects; all while unconsciously creating a playful relationship with fruits and vegetables!

FYI, my cookbook was featured as a cookbook of the week on JoyofKosher.com. My recipes have been featured in The Forward, Jewish Food Experience and more.