

Have a child who's eager to help in the kitchen, but you're not sure where to start?

Is your child 6-10 years old?



Sign up for



Kids
in the
Kitchen!

This fun, interactive program will give caregivers and children the chance to cook together, while also allowing kids to gain independence in the kitchen, and provide nutrition education & parenting tips for caregivers.

Kids in the Kitchen is absolutely FREE, all you have to do is call 403-320-8138 to register!

Program runs:
Friday Afternoons
1:30-3PM

1103 3 Avenue North
Lethbridge, AB T1H 0H7
Phone: 403-320-8138
interfaithfoodbank.ca
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