



Do you like to cook? Do you like to eat healthy foods? We are having a fun, engaging evening for parents and their children here at Stoneybrook and we hope you can join us!

When: Thursday, Feb. 23

Where: Stoneybrook

Time: 5:30-8:00

What? Join us as we work collaboratively to prepare a meal with Growing Chefs. We will have the opportunity to try new and exciting recipes, learn about the foods we are preparing and learn about some knife safety. Students will be split up into one of three groups, Jk-2, 3-5, 6-8. The parent will go with the youngest child.

We are only able to accommodate a total of 200 participants, so registration will be determined by those forms returned first.

We have secured some funding through grants for this evening so we only need to charge **\$5 per family for participation**, what a deal for a meal and time together!

Please return the slip below and the \$5 ASAP. Individuals will be notified if they will be one of the 200 participants.

Check out the Growing Chefs website <http://growingchefsontario.ca> ahead of time to preview some of these awesome recipes and to look at other easy ideas for meals.



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## ***Growing Chefs at Stoneybrook***

Family Name: \_\_\_\_\_

Number of Children: \_\_\_\_\_

Number of Adults: \_\_\_\_\_

Grades of children: \_\_\_\_\_

Allergies: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_