



Wheeler

Family Health & Wellness Center

Healthy Kids in the Kitchen



Pediatric hands-on & nutrition/cooking class are taught by Jessica Masterson, RDN, CDN, CDCES, and Violet Pastorkova-Jaouen, RDN, CD-N, Wheeler's registered dietitian nutritionists.



IMPORTANT
Arrive on time
Wear closed toe shoes
Tie hair back

Classes are held
First Mondays in Hartford
First Thursdays in Bristol
5:30 - 7:00pm
Corsini Kitchen

SAMPLES ONLY
Meals will not be served. Have a snack before class, if needed.

Please let the instructor know of any food allergies prior to attending class, **we are not an allergen-free kitchen.**
All recipes can be modified to meet child's capabilities.

Children's Healthy Cooking Class, provided to the community free through the support of the Corsini and Brantner Families.

All Ages Welcome

Call or email to register
860-793-3878
jmasterson@wheelerclinic.org

Space is limited
Register early



2025 Winter Spring Session SPICE IT UP!

February 3: 43 Woodland Street, Hartford
February 6: 1 Hope Street, Bristol
*Veggie Skewers with Zaatar Dip
Roasted Buffalo Cauliflower
Everything Bagel Pita Chips with Garlic and Smoked Paprika Dip*

COLORFUL SPRING
March 3: 43 Woodland Street, Hartford
March 6: 1 Hope Street, Bristol
*Rainbow Chia Seed Pudding
Colorful Veggie Lasagna Rolls
Pasta Primavera*

SUNSHINE ON YOUR PLATE
April 7: 43 Woodland Street, Hartford
April 10: 1 Hope Street, Bristol
*Lemon Hummus with Pepper Sticks
Citrus Salad
Stuffed Mushrooms*