



Wheeler

Family Health & Wellness Center

# Healthy Kids in the Kitchen

Pediatric hands-on & virtual nutrition/cooking class at Wheeler's Family Health & Wellness Center taught by Jessica Masterson, RDN, CDN, CDCES, registered dietitian nutritionist and special guest Abbe Carreira, RDH, CDA.

Virtual classes will be held on Facebook

Scan with camera phone to join!



In-person classes are held Mondays at 5:00pm

**Corsini Kitchen**  
49 Woodland Street  
Hartford

## The Fall 2021 Schedule

September 13

Whole Grain Bagel Chips  
*with Green Goddess Dip*

September 20

Whole Grain Berry Muffins

October 4

Baked Apples

October 18

Whole Grain Handheld Fruit Pies

November 8

Carrot Corn Muffins

November 22

Chili

December 6

Fish Sticks

December 20

Chicken Pot Pie  
*with vegetarian option*

**Bonus: Cooking Decorating Party!**

January 3

Veggie Loaded Mac and Cheese

January 24

Baked Mozzarella Sticks, Avocado Sticks  
*with vegan ranch dressing*

All recipes can be modified to meet child's capabilities.

Please let the instructor know of any food allergies prior to attending class.

**IMPORTANT**

Arrive on time  
Wear closed toe shoes  
Tie hair back  
**MASKS REQUIRED**

**FREE GIFTS**

Attend in-person or participate online and get a free gift card!  
Attend three classes receive a \$50 gift card!

All Ages Welcome

Call or email to register

Jessica Masterson, RDN CDN CDCES  
860.224.6340  
jmasterson@wheelerclinic.org

Only 8 spots available per class! **Space is limited!**

**Register early!**

WheelerHealth.org

