



Wheeler

Family Health  
& Wellness Center

Summer Session

# Healthy Kids in the Kitchen



Pediatric hands-on & nutrition/cooking class at Wheeler's Family Health & Wellness Center taught by Jessica Masterson, RDN, CDN, CDCES, registered dietitian nutritionist.

## IMPORTANT

Arrive on time  
Wear closed toe shoes  
Tie hair back

## SAMPLES ONLY

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

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

Classes are held  
1st Monday  
of the month

5:30 - 7:00pm

**Corsini Kitchen**  
43 Woodland Street  
Hartford

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.*

**All Ages Welcome**

**Call or email to register**

**Jessica Masterson, RDN CDN CDCES**

860.224.6340

[jmasterson@wheelerclinic.org](mailto:jmasterson@wheelerclinic.org)

**Space is limited**  
**Register early**



### May 5: Choco-Licious Treats

Allergy-Friendly Chocolate Dipped Fun  
Chocolate Biscotti  
Crazy Chocolate Avocado Mousse  
Banana Chocolate Bites

### June 2: Scrumptious Salads & Homemade Dressings

Super Power Kale Salad  
Rainbow Caprese Salad  
Top with DIY Dressing Creations:  
Maple Balsamic Dressing  
Avocado Green Goddess Magic

### July 7: Sweet Strawberry Season

Sunflower Butter & Strawberry Chia Jam Roll-Ups  
Strawberry Bruschetta  
Root Veggie Fries | Granola  
Winter Fruit Yogurt Parfait

