



**Truly Tasty + Fabulously Fun + Highly Acclaimed
New K-th Cooking (And Always Awesome Eating!)
Classes Starting at Asbury!**
Wednesdays: 3:15-4:15pm
8 Classes: January 15th— March 4th

Scroll Down for A Sneak Peek At Some of THE AMAZING KIDPS The Kids Will Be Cooking Up!

"I can't believe we made this!" —Young Chef Cade
"This is so awesome; I love it!" —Young Chef Haven



What's the last time you had Swedish food?
Or yummy Indian, Portuguese or Filipino food? Guess what? Your kids can have a blast every week discovering how easy and fun it is to prepare (and love to eat!) tasty, healthy globally-inspired + American Classic Sticky Fingers Cooking recipes! Let your child release their inner chef and love learning to be inspired food explorers!



To Enroll Your Student:
Please Click on This Active Link:
<https://stickifyingerscooking.com/subscribe-program/coolinary/asbury-elementary-winter-2020-jan-k-8th>

If they make it—they really want to taste it!



Each delicious new recipe prepared by your young chef will be accessible online after each class at www.stickyfingerscooking.com FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

Check Out What The Amazing Young Chefs Are Saying:

"I love it SO MUCH it's freaking me out!"
-Liam, age 8 after making the very delicious Korean Bibimbab (one just made)
-This is my great BESTIE, Ben Pizarro!
-Monica, age 7 after making her Chinese New Year Red Chop Noodles + Mandarins Soy Chopang Sauce!
-These ingredients are healthy, great vitamins & delicious!
-We J, age 8 bring the Lemon Zucchini Doughnuts he just had a blast making!
-I can't believe there is a position in our Mom's class!
-Enthusiastic Young Chef learning the One-Panited Zucchini Mac 'N Cheese + Zesty Zucchini Green Goddess Salad —Zachary Lima (Master)



Our fun, engaging and creative chef instructors mix together a sense of fun and excitement as they combine the love of cooking with nutritional information, safe cooking skills and hygiene, jokes, geography, math skills and food history to help inspire a lifetime love of delicious, healthy family cooking.



"I love to tell my mom about this recipe because I never eat vegetables and, wow, I love this!" —Young Chef Jordan
"I don't want to go out to lunch anymore, I want to go home and cook for EVERYONE! Because I am now the best chef in the world!" —Young Chef Ash (Age 3)
"I love everything we cook with Sticky Fingers!" —Young Chef Gibson

Young Sticky Fingers Cooking Chefs Are In The News!



Young Chef Sara at Boca Raton Food Week
in the Evening NEWS! Meet the Chefs!
New Chef Murphy in the news!
-Gibson Carter (Age 10)

Sticky Fingers Chefs and Lead Chef Lily
in the news! Meet the Chefs!
Areas with Inland State and Interstate
-Ash (Age 3)

<https://stickifyingerscooking.com/about/news-events/>

What Parents And Schools Are Saying!

"My boys absolutely love this class and adore their Chef. Our Tuesday dinner conversation surrounds their morning cooking and nutrition experience. Thanks for brightening our household!" —Rosanna, mom

"My daughter loved the first class! As a picky eater I assumed she'd create but not eat, boy was I wrong. Thanks again for this opportunity for my kiddo!" —Happy Mom

"Kudos Sticky Fingers Cooking! You and your staff are doing GREAT things! Look at the positive changes children and families are making in their lives with your inspiration!" —Angela Lavendon, Boulder Valley School District

"Never are my boys so happy as when I pick them up from Sticky Fingers Cooking!" —Mom of enthusiastic, non-picky-eater young chefs

"Sticky Fingers was a life changing experience for me and my sons. In just one Sticky Fingers lesson my boys made and cooked up blueberry muffin pancakes and corn arripes with avocado salsa, and went from very picky eaters to young chefs who were interacting and enjoying food. This impact from this experience was amazing." —Joy, mom



Here is a Sneak Peek of the Some of The AWESOME DELICIOUSNESS The Kids Will Be Cooking-Up in Classes!

Chinese New Year + Lucky Red Beans + Fortune + Lucky Charms + Lucky Charms
+ Lucky Lychee Smoothie + Miso Ramen
Japanese Gyoza + Sticky Soybean Rice Pudding + Fried Soybean Balls + Orange Green Tea Lattes
Moroccan Dried Fruit Sweet Potato Tagine + Spicy Moroccan Ceviche + Moroccan Spiced Potato Focaccia
Fictional Sargose + Bolognaise Plant Paste + Tasty "Fricolore"
Raspberry Salad + Strawberry Orange Smoothie
Crispy Vee-Chan Scones + Creamy Whipped Cream + Assorted Mashed Winter Fruit Jams + Kid-Friendly Cappuccinos
Veganistic Day After Whooey Salad + Cherry Cherry Chocolate Donuts + Real Cherry Lime Sizzlers
Soflet + Omelette Honey Biscuits + Raspberry Ripple Donuts + Raspberry Cheesecake + Pop

Please note that recipes are subject to change — based on our creative whims! Classes are always nut-free, and any and all dietary restrictions can and will be accommodated.

All of our Sticky Fingers trained cooking instructors share lifetime love of cooking and a passion for cooking with kids! We have Masterchef school teachers, culinary school teachers, summer camp directors, catering chefs, and graduates from Le Cordon Bleu in Paris on our talented team of kids cooking instructors.



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Tuition always includes chef instruction, all foods, materials, online family fun recipes the kids will be cooking-up in class—and a substantial and healthy (and fun!) snack at the end of every class!

www.stickyfingerscooking.com



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