



Husky House is spilling the beans....

Sign your cool bean up for

Cool Beans Cooking

Your Husky Pup will have a magical time cooking all things beanie. Beans are tiny powerhouses of nutrition that should be a part of any child's diet, not only for vegetarians and vegans. Tasty, inexpensive and packed with protein, beans are a low-stress ticket to satisfying meals. Beans provide important nutrients for a growing child, including protein, fiber, folate, magnesium, iron, and potassium.

Apart from the literacy, math and science learning that comes with cooking (and there is PLENTY of learning happening in the kitchen!), involving children in the cooking process greatly increases the chance that they will try the finished product. They may decide the dish isn't to their liking, but having some ownership and buy-in raises the odds that they will be open to trying something new.

January		February	
1/9	Creamy White Beans with herb oil	2/6	Navy Bean Pesto
1/16	Mashed Fava Bean Toasts	2/13	Linguine with Crisp Chickpeas
1/23	Lentil Unsloppy Joes	2/20	Cool Beans Salad
1/30	Cowboy Beans	2/27	Black Bean Brownies

Monica, Husky House's Assistant Director, facilitates this cooking session. She has over 16 years experience with HH and as the former Kindergarten Program Coordinator has led many cooking and kitchen-learning projects over the years. Participants will develop a book that summarizes all of their learning about beans with all of the recipes they made.

PLEASE NOTE:

- ❖ Husky House staff are always present and will escort your child to or from TK or Kindergarten.
- ❖ Cooking class is from 8:30--9:30 or 1:15-2:15
- ❖ If your child is NOT contracted for care on Thursdays at Husky House but would like to participate in this class, there is an additional fee for childcare and Husky House activities.
- ❖ Children signed up for the 12:45-2:30 timing will be escorted to the main turnaround for pickup.
- ❖ We need licensing forms on file for your child(ren) prior to their attendance. They can be found on our website (huskyhouseforkids.org) OR at our center
- ❖ Children not enrolled in cooking classes have a wide variety of other activities from which to choose.
- ❖ We need a minimum of 6 children to enroll in cooking class to offer this enrichment opportunity.
- ❖ Refunds will only be issued if you provide notice of cancellation by the first class or if Husky House cancels due to low enrollment

Please return to Husky House at least two weeks before the first day of class



Cooking Workshops at Husky House (Lic. #073401984)

YES! My child _____ would like to participate in Cooking Classes at Husky House!

Parent: _____ Phone _____ Email: _____

Please circle the pricing that applies:	My Child is already contracted for Thursdays at Husky House	My child needs to be added to Thursdays for the dates of class.
Cool Beans Cooking Class AFTER classroom time, 12:45 - 2:30 escort from class, (TKs please send a nut-free lunch with your child) cooking 1:15-2:15	\$200	\$344
Cool Beans Cooking Class BEFORE classroom time, 8:30 - 9:30 and an escort to class	\$200	\$280

Please return your completed form to Husky House ASAP for best chance of securing a place in this class.

Contact us with questions at 925-283-7100 or officestaff@huskyhouseforkids.org

OFFICE USE: Date Rcvd _____ Roster _____ Inv./Amt. _____ Paid _____ Lic. Forms on File _____ Talled _____
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