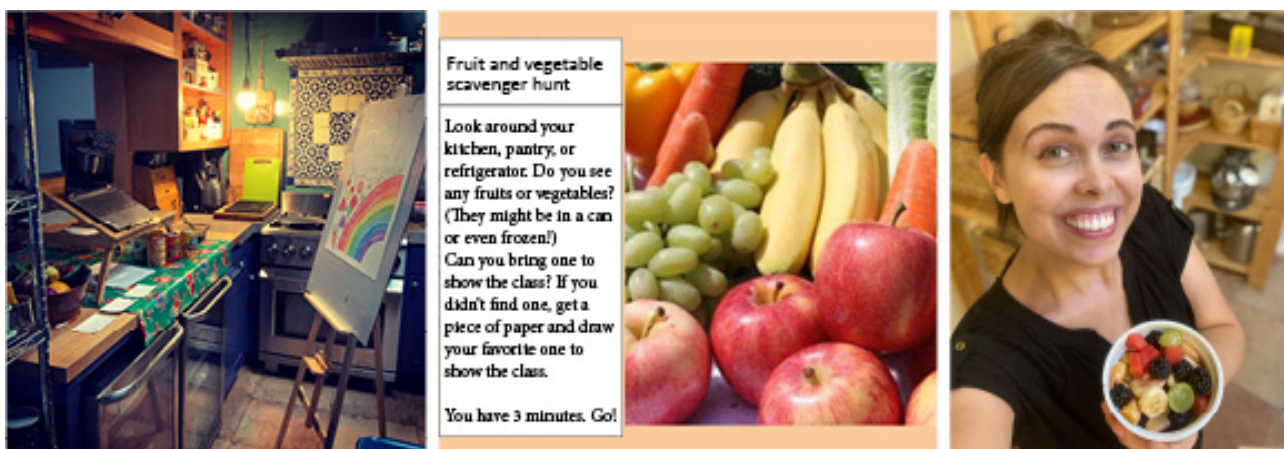




Digital Cooking with Kids Classes & Family Nights, plus MORE **Superchef Suppers** for MORE ways to support local!

Over the last several weeks, Cooking with Kids educators have been teaching their first lessons in **16 virtual school communities!** Students are learning about "eating a rainbow" using stories, drawings, scavenger hunts, and even a recipe-writing challenge!

Kids are really engaged with our food literacy lessons—it's fun to talk about food!



Hands-on learning with real food matters!

Issues of safety and food access prevent us from replicating our traditional cooking classes during the regular online school day, so we are partnering with schools to host monthly Live Online Family Cooking Nights. These events provide a safe way for kids to explore and prepare new, healthy foods in their own kitchens!

This month, in keeping with the eat-a-rainbow theme, Cooking with Kids educators are leading hundreds of families in making colorful fall salads with homemade croutons and honey mustard dressing. [Get the recipe here.](#)



Cooking with Kids is super excited about this new way of building community, and we will soon be providing "cooking kits" to families who need assistance getting ingredients. Your contributions make this possible!



Superchefs help keep
Cooking with Kids rolling.

Let's make sure they
keep rolling too.

Superchef Supper Line-up for October:

Don't miss Open Kitchen's Viet-Pueblo Dinner this Saturday, October 10th.
Reservation deadline is **TODAY!**

Also, Chef Cristian Pontiggia of Sassella is hosting TWO suppers later this month
(one on Halloween!)—and don't miss Johnny Vee's Paella Party on October 25th!

For reservations and details on all Superchef Suppers
[CLICK HERE.](#)



Donations Always Welcomed



Cooking with Kids educates and empowers children
and families to make healthy food choices through
hands-on learning with fresh, affordable foods.

cookingwithkids.org

Cooking with Kids, Inc. is a 501(c)(3) non-profit organization.

Cooking with Kids is an equal opportunity provider and employer.

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