# Kid Leaders in The Kitchen: Building Confidence with Tools and Solutions

*Bringing Families in the Kitchen and at the Table.*

* Encouraging parents to focus on life readiness by empowering and equipping our children with kitchen safety, techniques and ingredient and equipment knowledge, and using their other senses.
* Equipping parents with kid-friendly options, tools, and tips to prepare their children to begin as Kid Leaders in the Kitchen.
* Rather than saying, “I never knew my kid could cook” to saying, “My kid can cook!”
* Virtual cooking classes:  Creating Your Menu-Appetizers to Desserts; Holiday Series November and December

**Regina Mitchell**

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