



The City of Pinole and Cooking Round The World



**Come join our
Parent and Me
Cooking Classes**

**For “young chefs” ages 3 – 5 with
their parent/guardian**

Parents guide their young children through the cooking process. Children learn easy lessons about food and cookware. Fun and delicious! Limited to 6 parent/child pairs. There is an additional materials fee of \$40 due to the instructor on the first day of class.

Parent & Me: Eat Your Colors

**Thursdays: Oct 12, 19, 26, Nov 9, 16, 30,
Dec 7 & 14, from 1 - 2 pm**

What's better than eating a rainbow of colors! Red day: is red velvet pancakes, Brown day is: Pumpkinickel grilled cheese, Yellow day is: mac 'n cheese; White Day: is white bean hummus with pita, more! Each class includes, a cooking demo each day and a story with the same color theme. We ask families to dress in the color of the day.



Register at <https://pinolerec.recdesk.com/Community/Program>

Questions? Contact youth@ci.pinole.ca.us or call 510-724-9004