



Delicious & Nutritious: *This Cooking Class is for YOU!*

SPORK! is all hands-on, delicious and fun! Learn how to make a nutritious snack. You not only learn how to make a nutritious snack, you also get to eat everything you make and take home the recipes so you can cook at home.



SATURDAYS, JAN. 28 – APRIL 22, 2017 (8 CLASS SERIES)

10 AM – NOON

Ronald McDonald House Kitchen

1501 W. 10th Street, Little Rock, AR 72202

Class series is offered at no cost to families!

Mandatory Parent Orientation – 10 AM, Jan. 28

TO ENROLL:

Complete SPORK! commitment form available in ACH Diabetes, COACH and/or Accent Clinics.

SPORK! is open to kids 10 and older. One adult caregiver must attend each class with space for one family member in addition to the caregiver. There will be a nutrition activity for the adult caregiver(s) while the kids are cooking. No child care available.

FOR MORE INFORMATION: (501) 364-3519

SPONSORED BY



Department of Clinical Nutrition
1 Children's Way, Little Rock, AR 72202
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