



NINJATRITION™

GRADES 3-5 ALYSSA MONTELEONE

Where Food, Fun and Focus meet. Ninjatrition empowers kids through the Art of Happy Eating™. Each week participants have a blast creating great food while practicing sound nutrition, self-reliance and self-discipline.

We will meet via zoom for 60 minutes. During each class we will make delicious and nutritious food PLUS practice mindful exercises, physical challenges and culinary skills; all while having tons of FUN! At the end of class, chefs will be awarded a specific colored tie to add to their apron. Each tie acknowledges the skills they learned that day and their commitment to practicing their skills during the rest of the week.

Before the 4-week workshop begins, ASAP! will email an outline of the program, printable recipes and a list of food staples you will need for the class. Kit supplies include an official Ninjatrition™ apron, headband, cutting board and recipe notebook, along with the ingredients for that weeks' class. The fresh ingredients will be available for pick up on Mondays each week.

WEDNESDAYS, OCT. 28, NOV. 4, 11, 18, 2020 | Session 1: 3:00-4:00 pm (12 students max) Session 2: 4:30-5:30 pm (12 students max), Register by Oct. 14, 2020

Weekly supplies available for pick up on Mondays Oct. 26, Nov. 2, 9, 16, 4:00-6:00pm at the ASAP! Office. Please call for Torrington/Waterbury pick up locations/times.

Virtual

4 Sessions: \$70, \$63 Region 12 residents (includes food/supplies costs)

Financial aid available if needed

Visit [asapct.org](https://www.asapct.org) or call Ali Psomas at 845-518-5859 to register