



Every Kid Can Cook

# Welcome to your #BossKidsCook

## GRAHAM CRACKER CLASS OCTOBER 15 @ 3:00 PM

We've created this guide to help you get ready for your cooking class. Here are your next steps:

1

### **The Class will be hosted on Zoom.**

Oct 15, 2020 03:00 PM Eastern Time (US and Canada)

#### **Register in advance for this meeting at this link:**

<https://us02web.zoom.us/join/register/6grDltEtbAaylJaAfOQwadxPRi83r3> Upon registration, you'll receive a confirmation email from zoom with the class link.

2

Join our Every Kid Can Cook Facebook Page. Here we'll answer camp questions, share recipes, videos and stay in touch before, during and after the class/camp.

#### **Every Kid Can Cook Facebook Group**

**[www.Facebook.com/EveryKidCanCook](http://www.Facebook.com/EveryKidCanCook)**

Review Your Packet, Pre-measure your ingredients and get your supplies ready.

3

Questions: Email: [kim@everykidcancook.org](mailto:kim@everykidcancook.org) or [Haylee@EveryKidCanCook.org](mailto:Haylee@EveryKidCanCook.org)

### SPONSORED BY



[WWW.EVERYKIDCANCOOK.ORG](http://WWW.EVERYKIDCANCOOK.ORG)



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## CLASS SCHEDULE (APPROXIMATE, TIMES MAY CHANGE AS NEEDED)

Featured Recipe: **Cinnamon Graham Crackers**

3:00 - Welcome, Check In and Quick Poll

3:03 - Introduction to our Culinary Instructor Kelsey Deleshaw, 2018 Kid Ambassador & 2017 & 2018 National Healthy Kids Cook-Off 1st Place Winner

3:05 - Pre-heat Oven | Cooking Class Begins

3:35 - Place Graham Crackers In Oven

3:40 - #BossKidsCook Nutrition Chat with Haylee

3:45 - Break, Finish Cooking & Plate Your Food

4:05 - Quick Poll & Food Photography

4:10 - Share Your Recipe

4:15 - #BossKidsCook Videos

4:20 - End of Class



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## INGREDIENTS & SUPPLIES

### PREP WORK BEFORE CLASS

- Pre-measure all ingredients
- Melt coconut oil

### INGREDIENTS

- 1 ⅓ cup whole wheat flour
- 1 tsp cinnamon
- 1/4 tsp + 1/8 tsp baking soda
- 1/4 tsp + 1/8 tsp salt
- 5 tbsp brown sugar
- 1 tsp vanilla extract
- 2 tbsp honey
- 1/4 cup coconut oil\*, **melted** (or swap for 2 tablespoons of olive oil + 2 tablespoons of apple sauce)
- 4 tbsp warm or hot water
- Non-stick cooking oil/spray

### SUPPLIES

- Wax Paper (2 sheets size of baking sheet)
- Baking Sheet
- Greased** Parchment paper or foil (size of baking sheet)
- Pizza Roller
- Fork
- Rolling Pin
- 1 Medium Bowl
- 1 Small Bowl
- Oven Mitts/Trivet (to protect counter from the hot baking sheet)
- Camera or camera phone
- Plate and garnish or any other ingredients for pictures





## SHARE YOUR RECIPES

### **HELP US THANK OUR PARTNERS!**

Most of our programs are free or low-cost because our partners love to see kids cook healthy, learn about nutrition and become leaders in their community. Please help us say a special thank you by posting a picture of your recipe. Use the following guidelines when posting (to ensure they see us and we see you).

### **SOCIAL MEDIA SHARING**

### **TAG ALL PICS & VIDEOS WITH**

**#bosskidscookcamp @EveryKidCanCook  
@McCormickSpice**

*Our social pages*

*[www.Facebook.com/Everykidcancook](http://www.Facebook.com/Everykidcancook)*

*Instagram - @Bosskidscook*

*Questions - contact [Haylee@EveryKidCanCook.org](mailto:Haylee@EveryKidCanCook.org)*



**Nutrition tip**

# **BOSS #KIDS COOK**

**Leaders. Eat. Healthy.**