



# CHEF WILLIS' COOKING SCHOOL TEEN CLASSES

Real Canadian Superstore  
411 Louth St, St. Catharines

**SAVOUR  
THE FINE  
MEALS  
YOU HELP  
PREPARE**

# Run a Restaurant for a Day!

A one-day hands-on  
cooking class, 9-4

12 per class maximum

**\$75**

\$50 + \$25 for Materials  
Aprons, towels and hats supplied

## VALUABLE LIFE SKILLS

### Open Discussions:

- Kitchen sanitation and safety
- What to make for lunch and dinner
- Nutritional and psychological benefits of your choices

**TOUR** the Real Canadian Superstore

**PURCHASE** the food that you will cook

**PRODUCE AND ENJOY** your lunch

**LEARN** basic table settings and manners

**DEVELOP** basic recipes to take home

**PARTICIPATE** in the preparation of 4-5 menu items  
including meat, vegetables, starches and sauces

## PREPARE DINNER ITEMS TO TAKE HOME

Each participant  
will take home  
4 portions  
of a full course  
gourmet meal

Bring Menu ideas  
(inquiries are permitted),  
recipes if you wish,  
a notebook,  
a desire to cook and  
comfortable shoes.

# KITCHEN MADE

Providing Relief and Nutrition in the Kitchen

**kitchenmade.ca**  
for available classes and registration

**905-682-9652**

