

Family & Consumer Sciences 4-H

CHATHAM COUNTY CENTER
North Carolina Cooperative Extension

2013 Junior C.H.E.F. (Children = Healthy Eating Foods)

Hands-on-activities learning new ways to cook the foods you love.
A week filled with learning new cooking methods and physical activity
Learning to use cooking methods from boiling to grilling!!!!
Learn from start to finish in the kitchen. Having just plain **FUN**

Ages : 9 – 15 years old

Enrollment: LIMITED to **8** Youth, first-come, first service

Cost: \$75.00 per youth / **per week**, or \$25.00 / daily.

FEE is NON-REFUNDABLE

Cost includes food, take-home materials and insurance
Youth will need to bring their lunch on Monday only.



Time: 9:30 am - 3:30 pm (NOTE: The new time frame)

Location: Cooking Lab, Agriculture Building

Chatham County Center - North Carolina Cooperative Extension Service
Pittsboro, NC

Transportation: **No** Transportation is provided.

For more details, contact Phyllis Smith, Family and Consumer Education Agent, 919.542.8202
phyllis.smith@chathamnc.org

Name	Date of Birth	Age	Race	M / F
Parents Name	Phone - Home		Work	
Address / Town / Zip Code			Email	

Select the week (Monday—Friday) that You (the child) is interested in:

Deadline June 10th _____ June 17th - June 21st, **Learning New Things in the Kitchen - Week 1**

Deadline June 17nd _____ June 24th - June 28th, **Learning New Things in the Kitchen - Week 2**

Deadline July 8th _____ July 15th - July 19th, **Learning New Things in the Kitchen - Week 3**

Deadline July 15th _____ July 22nd - July 26th, **Learning New Things in the Kitchen - Week 4**

Complete this form and present with payment. **Make checks payable to Chatham County Cooperative Extension.**

Mail to:

Phyllis Smith, RD, LDN,
Family and Consumer Education Agent
P.O. Box 279, Pittsboro NC 27312

Or

Bring to:

Chatham County Cooperative Extension
Agriculture Building,
45 South Street, Pittsboro, NC 27312



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all person without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Sam Groce, County Extension Director at 919.542.8202 or sam_groce@ncsu.edu or in person at the County Extension Office at least 14 days prior to the event.

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