



**RAFFL**  
RUTLAND AREA FARM & FOOD LINK

# Everyday Chef

## All-Ages Cooking Workshops

Take your **family** out for an **affordable** day of fun and yummy food!

### The Family that Cooks: Greens and Goodies!

Sunday, March 12 in the Godnick  
Center at 11 a.m.

Get your family together for this fun workshop where we'll make kid friendly, festive salads with all kinds of yummy ingredients and a batch of no-bake cookies to have a sweet treat after the healthy side dish.

Kids will learn basic safe knife skills and sanitation as well as measuring, mixing and reading a recipe. A great way to spend time together!

Throw your name in a hat and win a lunch container set!

**Questions?** Email  
[grace@rutlandfarmandfood.org](mailto:grace@rutlandfarmandfood.org)  
or visit [www.rutlandfarmandfood.org](http://www.rutlandfarmandfood.org)



**Register at**  
[www.rutlandrec.com](http://www.rutlandrec.com)

Workshops are **\$5** per person.  
Walk-ins welcome and are **\$6**.

Children under 16 years are  
**FREE!**

