

Kids In The Kitchen

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Some of my favorite childhood memories include standing on a stool in the kitchen helping and watching my mom cook. I remember distinct smells of vanilla being added to cookie dough or frosting and feeling excited to get my hands on one of the beaters to taste the deliciousness of something homemade.

Did you know that including your kids in the process of

preparing and cooking is one of the best ways to get them to eat and try new foods? Including kids in the kitchen can be a great way to introduce your children to healthy foods AND teach them important cooking skills. Our kids need skills in the kitchen because they will have to eat food every day for the rest of their lives! So, let's get the kids in the kitchen!

Kids in the Kitchen class series in Salt Lake area—bring your kids, get a snack and learn some tips.

July 8, 2014 | Chapman Library | 3:00 pm

July 9, 2014 | Kearns Library | 7:00 pm

July 16, 2014 | West Jordan Library | 7:00 pm

August 4, 2014 | Magna Library | 3:00 pm

August 5, 2014 | Ruth Vine Tyler Library | 4:00 pm

August 12, 2014 | Chapman Library | 3:00 pm

August 13, 2014 | West Jordan Library | 7:00 pm

August 21, 2014 | Kearns Library | 7:00 pm

September 2, 2014 | Ruth Vine Tyler Library | 4:00 pm



Melanie Jewkes is a part-time Extension Associate Professor in Salt Lake County. She has worked for USU for 6 years. The best part of her job is learning and relearning some of the things that matter most—loving and caring for marriage and family, living within your means, and growing, cooking and eating delicious (and nutritious!) food. She and her husband have two adorable children and live in Taylorsville.