



# LITTLE COOKS PROGRAM

# INTRODUCTION

Welcome to Little Cooks School Program!

Bringing the wonderful world of cooking and baking to your school or program. Bring cooking to life with our Little Cooks Friends who will be bring the excitement of new cooking or baking lessons weekly or biweekly to your children.

Each Lesson children will be introduced to a Little Cooks Character, be taught about a new fruit or vegetable, why they are good for you and learn to make and bake new new recipes.

They will receive a take home recipe, character sticker and coloring page of their new Little Cooks Friend. They will prepare and make a meal together in class -age appropriate.

**BINGING THE JOY OF COOKING  
TO LIFE ONE SPRINKLE OF FLOUR  
AT A TIME**



# ABOUT US



Little Cooks School Program offers a with unique learning experiences, and complements your yearly programming, all from the convenience of your own classroom or program.

We bring the extraordinary education experiences directly to you.

Carefully developed and delivered by enthusiastic program coordinators. We bring all supplies needed including aprons, all utensils and ingredients needed.

We require our programs to have a working oven for baking requirements.

# WHAT IS THE COST?



## **Per Student:**

Prices are per student per field trip.

One Class a month | \$25 per child (minimum fee \$250)

Two Classes per month | \$23 per child per class (minimum fee \$460)

Four Classes per month | \$20 per child per class (minimum fee \$800)

## **Travel Fees:**

Travel fees only apply to In-School Programs. Travel fees are charged if the location is more than 25 km from the city centre at an approximate rate of \$1.25/km. Travel fees are per Little Cooks Cook, per day. Field trips take place in your classroom, so there are no bus fees.

# LET'S COOK



Lesson structure:

- They do no stove cooking but we do baking in the oven.
- The Lesson starts with meeting our new character of the month. We learn a few things about our Little Cooks Character and will discuss what we will be making.
- We run through all ingredients and have a small discussion about the products we are about to use.
- We will make of bake the meal together. We may bring already cooked ingredients depending on the recipe.
- After our cooking or baking we will read our Little Cooks book.
- Little Ones will each receive a Little Cooks coloring picture which if there is time in class they will color or take home.

# LET'S COOK

Young Children will work through the following skills:

- Blending
- Pouring
- Spreading
- Stacking
- Rolling
- Planting / seeing results
- Scooping / Mashing
- Being creative
- Cutting – with your assistance
- Awareness of colours
- Names of kitchen appliances
- Measuring
- Language
- Teamwork / Sharing and co-operation
- Awareness of textures, smells, tastes
- Names of fruit & vegetables
- Gardening / where food comes from!
- Fine motor skills – lots of fine motor skill



# SCHOOL INCENTIVE PROGRAM

Join our School Incentive Program:

Little Cooks offers a wide variety of options to join our Cooking Club. How can your program get involved?



## HOW DOES IT WORK?

We provide you with posters and samples to advertise our Little Cooks Ready-to-play kits and Little Cooks Home kits at your Program.

Each month we do a new drop for parents to pre -order.

Orders will be placed via your school on an order form or online, and payment made directly to us.

Orders will be delivered and dropped of at your program to distribute to your parents directly.

All orders that are placed and delivered through your program will receive a 10% commission referral fee paid directly back to your program or can be used towards ready-to-play kits for your program.

# LITTLE COOKS READY-TO-PLAY

Little Cooks Ready-to-play

Little Cooks Sensory Play Kits provide hours of imagination play, tactile experiences and so much more all while playing.

Boxes are sold either as a kit including:

Little Cooks Character Book

Two bags of Ready-to-play Sensory mix based on the Character book. (5 cups per bag)

Coloring Page



Little Cooks Ready-to-play, can also be sold separately.

Each month a new drop will be scheduled for order and delivery to your program.

# LITTLE COOKS AT HOME

Little Cooks Cooking Boxes:

This is a monthly subscription box delivered monthly to parents, each box contains:

- Two new Little Cooks Character each month as you collect our "Little Cooks Character Books"
- 4 New Recipes to cook with your little one - Digital Downloads
- Shopping Check List for each weeks recipe
- Kitchen Utensil to build your kitchen kit
- Collection Pin
- Character Sticker
- Access to Member only downloads and videos



# BOOK YOUR FIELD TRIP

To Book your field trip please email us at  
[mandy@woodlandkidsco.ca](mailto:mandy@woodlandkidsco.ca)

We will send you a booking form to  
confirm all your details.



# SIGN UP FOR OUR INCENTIVE PROGRAM

If you would like to sign up for our incentive program please  
register online at [www.woodlandskidco.ca](http://www.woodlandskidco.ca) or email us at  
[mandy@woodlandkidsco.ca](mailto:mandy@woodlandkidsco.ca)

[www.woodlandkidsco.ca](http://www.woodlandkidsco.ca)

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THANK YOU, AND WE  
LOOK FORWARD TO  
WORKING WITH YOU.