

Ridgewood Parks and Recreation

in partnership with HealthBarn USA presents:

“Teen Chefs in Training”

Join Stacey Antine, MS, RDN, HealthBarn USA for a new culinary experience for teens.



- All chefs in training will learn:**
- Safe knife skills & food handling safety
 - Reading and understanding food labels
 - Heathy fats and nutrition
 - How to follow a recipe from start to finish and enjoying the taste of eating the end result
 - Working in teams to create culinary delights
 - Becoming self-sufficient and health-conscious eaters

Registration is open to all middle school students grades 6 thru 8.

HealthBarn USA at Habernickel Park

1057 Hillcrest Road, Ridgewood, NJ

Wednesdays 4:00pm to 5:00pm

\$120/6 sessions (\$130/6 non-resident)

January 16, 23, 30 February 6, 13, 20

Limited to 20 participants.

Call 201-670-5560 for more details.



The program transforms teens into adventurous healthy eaters by encouraging their culinary skill development both at the Barn’s fully equipped kitchen and at home!

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Program Registration - Online at www.ridgewoodnj.net/communitypass

Program Registration

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

Name _____

Telephone _____

Address _____

Program: **Teens Chefs in Training** Grade Level: _____

Email _____

Check # _____ Cash _____

Emergency Contact Name _____

Telephone _____

I agree to participate in the above Village approved Recreation activity. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.

Participant Signature _____

Parent Signature (if under 18 years of age) _____