Hungry? Take a look at what Moraga Parks and Rec is cooking up!

Indian Non-Vegetarian Cooking Class

Learn to enjoy autumnal bounty from your garden Indian-style. Learn to make a light autumn meal with a tomato-based curry for your favorite seasonal fish. Ages 16 and older are welcome.

Cost is \$57 with a \$15 materials fee.

Class will be Saturday, October 27 from 1-3:30pm.

Kids in the Kitchen

Introduce your kids to cooking healthy meals and learning healthy eating habits. Kids will focus on the benefits of color in their diet and learn how to help prepare the family meal.

Ages 4-6 are welcome.

Cost is \$22 with a \$5 materials fee.

Class will be Saturday, November 3 and 10, from 10:00-11:15 am.

Kids in the Kitchen

Kids learn the benefits of healthy eating and how to cook and grow what you eat. They will also learn the importance of growing your own vegetables. Participants will each get a plant to take home. Ages 7-12 are welcome.

Cost is \$27 with a \$5 materials fee.

Class will be Saturday, November 3 and 10, from 12:30-2:30 pm.











