



LIFT Enrichment Summer Cooking Camp 2019 MBX Foundation

Come join our culinary classroom where young chefs will learn to cook and expand their palates! Our chefs make cooking exciting while integrating academic components such as math, science, history, food safety and nutrition into each lesson.

American Favorites

This session, our Chef Teachers will take kids on a culinary journey through fan-favorites and new twists on classics.

Recipes include: Cauliflower Rice with Veggies, Turkey Sliders, Sautéed Kale Bruschetta, Grilled Cheese with Broccoli Slaw, All-American Breakfast, Veggie Mac and Cheese, Cobb Salad, Chocolate Pancakes with Whipped Cream, Hot Fudge Sundae

Dates: 7/15 – 7/19

Days: Mon – Fri

Time: 9:00am – 12:00pm



Cooking Around the World

We'll make dishes from around the world: pasta primavera from Italy, ratatouille from France, orange chicken from China, veggie quesadillas from Mexico and even some delicious desserts!

Dates: 7/29 – 8/2

Days: Mon – Fri

Time: 9:00am – 12:00pm

Ages: 6-11 Years

Registration Fee: \$267 per camp – includes a cookbook, apron, & hat for each camper



Special bonus - Kid Restaurant: kids cook and serve their creation to their parents on the last day of camp.

Camp Location: Pennekamp Elementary

110 S. Rowell Ave., Manhattan Beach, CA 90266

Space is limited register today!

Register at www.LIFTenrichment.com

Or Call (310) 890-8704

LIFT Enrichment teaches kids to cook and improve their health!