

Healthy Family Healthy You

ATTN: Parents of children who are interested in cooking

AGES: 7-13 years old

Natasha Nadel, local mom, journalist, cooking teacher, and author of [The Healthy Mama's Guide to feeding your family well](#) and [The Healthy Family, Healthy You Cookbook](#) is once again offering two sessions of kosher cooking camps this summer.

Session 1, June 18-22

Session 2, August 13-17

Monday – Friday, 9am to 3pm

(Please note that both sessions will be mixed gender)

Located at my home in Potomac, 1 block behind 7 Locks Rd

\$325 per session - Inclusive of all supplies, lunch and two snacks, every day!

Includes learning to cook a (healthful, vegetarian) breakfast, lunch and dessert every day; related art projects; possible video projects; and a break to bike, scooter and run around in the fresh air.

Don't forget the best news EVER!

Your child will be served two snacks and lunch every day – without you packing a thing!

We'll be eating what we cook every day and all sit down to a nice lunch together at the dining room table.

Next steps (Act Fast! Both sessions sold out last year!):

1st step: To get the ball rolling, please email me (Natasha@HealthyFamilyHealthyYou.com) about your interest with your child's name, age and grade entering in fall 2018. Please include information about any allergies.

2nd step: Secure your spot with a \$75 deposit. Remaining tuition (\$275) due May 1, 2018.

Healthy Family Healthy You

More great things we will enjoy at an age appropriate level:

Campers will enjoy a fun but calm atmosphere where safety comes first.

Develop their own signature dishes they can make on a regular basis for weekdays and Shabbat/YomTov.

Develop healthier versions of your family's favorite foods, including desserts.

Take home their own cookbook/binder complete with all recipes we've cooked and those they've created. They'll create the cover and add to the book for years.

Incorporate brachot into all eating.

Return home excited about what they created, open to trying new foods, and eager to help out in the kitchen.

Spaces are limited and available on a first-come-first-served basis.

To get the ball rolling and to secure your spot, please email me (Natasha@HealthyFamilyHealthyYou.com) with your child's name, age and grade entering in fall 2018.

Also, please note any allergies at that time. I want to ensure a safe environment for your child.

More info

All recipes will be vegetarian or vegan.

We will work with real food and enjoy delicious and healthful cuisines from around the world.

You will love seeing your children laugh, learn and create fun projects; all while unconsciously creating a playful relationship with fruits and vegetables!

About me

I'm a Hebrew Academy parent, a journalist, and the author of two books focusing on family, food and health. It's my mission to spread a fun attitude towards healthy food throughout our community, through my books, blog and workshops.

Healthy Family Healthy You

I currently teach Nutrition and Cooking to middle schoolers at the Berman Hebrew Academy.

I've conducted my "fruit funshops" for Jewish preschools and summer camps; and hosted Ladies Night Out workshops in the community for the past several years.

My cookbook was featured as a cookbook of the week on JoyofKosher.com. My recipes have been featured in The Forward, Jewish Food Experience and more.