

GET KIDS COOKING

Get Kids Cooking brings hands-on cooking fun to your event or festival

Over the last few years, shows like Masterchef, Junior Masterchef and Jamie Oliver's Food Revolution have done a huge amount to inspire kids' interest in cooking.

On a more local level, since starting Get Kids Cooking, Joanne Bowskill and Holly Boal have been making huge strides into teaching thousands of kids how to cook and appreciate healthy and nutritious home-made food through their popular classes held in schools and vacation care services around Sydney.

Joanne, Holly and the team are able to bring a hands-on and deliciously fun element for youth to festivals, fairs, market days and special events. With a strong focus on healthy and sustainable food, they can provide any (or all) of the following:

- Interactive, hands-on cooking classes for boys and girls aged 3-13 years old where up to 30 children at a time are set up on trestle tables and follow our instructors to prepare, and then enjoy eating, what they have made
- Cooking demonstrations to children
- Themed cooking classes (Thai, Italian, Mexican, lunchbox ideas, healthy choices, sustainable food)
- Get Kids Cooking @ home kids cooking kits (take-home cooking kits)
- Hands on safe peeling and/cutting workshops for kids 2-10 years old using our Kiddies Food Cutters and Safety Food Peelers
- Social media engagement featuring prize giveaways and rewards

As food educators, Get Kids Cooking has a wealth of previous experience:

- Sydney Royal Easter Show – teaching 2,800 kids how to safely peel, chop and make (then eat!) their own Vietnamese rice paper rolls
- Concord Carnival - sponsored by Council's WasteLess in the Bay program, Get Kids Cooking was the main draw card to the carnival, presenting Kids Cooking Classes and Cooking Demonstrations that focused on recycling and waste minimalisation
- Farm Fantastic Expo - making Moroccan Cous Cous with 540 children aged 3-13
- Safe peeling and/cutting workshops for approximately 9,000 kids
- Primary School cooking classes – 2,628 students/classes
- Over 1,000 after-school students/classes

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- School holiday vacation care classes – for 1,600 students/sessions including fun Christmas themed workshops
- ANZAC Day RSL – cooking class designed specifically for the RSL to teach kids the history of and how to make ANZAC cookies

Get Kids Cooking can bring all materials and ingredients to get cooking anywhere. Our mobile kitchen can include hotplates, chopping surfaces and even a kitchen sink. Our team of food educators are fully trained with First Aid Qualifications including Emergency Management of Anaphylaxis and Asthma certificates, Working with Children Checks, Food Safety and Handling and Occupational Health and Safety. Get Kids Cooking also has \$20M public liability insurance.

With a genuine interest in providing positive cooking experiences for youth we are keen to explore opportunities to work in partnership with festivals and special events to provide an enjoyable and enriching experience.

Please contact either Joanne Bowskill (joanne@getkidscooking.com.au, 0433 641 604) or Holly Boal (holly@getkidscooking.com.au, 0430 223 311) if you have any queries and wish to discuss these opportunities to enhance your festival.

Thanks for your consideration.

Joanne Bowskill and Holly Boal

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