

KIDS SUMMER CAMPS



Camp classes:

HANDS-ON: SUMMER COOKING CAMPS FOR AGES 9 – 12

Camp Theme: American Street Foods

From New York to Los Angeles we will be exploring the popular street foods of the United States. Campers will learn how to make items including tamales, jambalaya, spanakopita and so much more! Throughout the day campers will work in teams to develop their own street food to be presented on the last day of camp in a junior chef competition.

SESSION 1: July 3 – 7

SESSION 2: July 10 – 14

SESSION 3: July 17 – 21

SESSION 4: July 24 – 28

SESSION 5: July 31 – August 4

SESSION 6: August 28 – September 1

Monday – Friday | 9:00 a.m. - 4:00 p.m. | \$450.00 + GST

Camp Theme: Farm to Table

Do you know where your food comes from? From the barn to the field, campers will learn all about using fresh ingredients grown above and below the ground as well as how to prepare poultry, pork and beef. The week will culminate with a tour of two working farms where they will get to pick their own carrots and potatoes to take home.

SESSION: August 14 – 18

Monday – Friday | 9:00 a.m. - 4:00 p.m. | \$450.00 + GST

HANDS-ON: SUMMER COOKING CAMPS FOR TEENS AGES 12 – 14

Camp Theme: Advanced Cooking

Want to delve deeper into the more technical aspects of cooking? Learn how to properly sear, bake, boil and blanch food to create exquisite dishes. Our chef instructors will show you how to blind taste test to adjust your cooking for sweet, sour, salty or bitter flavours. Campers will leave with a comprehensive understanding of key cooking and baking skills.

SESSION: August 21 – 25

Monday – Friday | 9:00 a.m. - 4:00 p.m. | \$450.00 + GST

Food Allergies or Restrictions:

Due to the volume of recipes campers will be making during the camps we are unable to accommodate any food allergies or dietary restrictions. If your child has a food allergy that you believe will restrict what they are able to eat during the camp (snacks and lunch), we advise that they bring a bagged lunch.

The recipes prepared during camps will be nut-free, however please be advised that ATCO Blue Flame Kitchen is not a nut-free facility and cannot guarantee that there will be no exposure to nut products or other allergens.

ADDITIONAL INFORMATION

- Camps will include individual activity booklets and daily outdoor breaks or movie breaks, depending on the weather.
- Complimentary before and after care is available from 8:30 a.m. – 9 a.m. and from 4 p.m. – 4:30 p.m., however, late pickups will be subject to a \$10 per 15 minute fee.

To register call (403) 245-7630 or visit our website ATCOBlueFlameKitchen.com