



What's COOKING

ATCO PARK
LEARNING CENTRE

Kids Summer Cooking Camps

Let your kid explore their inner chef with our summer cooking camps. Our chef instructors explore the basics of food preparation, cooking techniques and food safety with these hands-on classes. Kids will enjoy the tasty results for lunch, plus extra to take home. We'll supply them with the recipes so they can make what they created again at home.

Designed for kids ages 9 - 12
Camp runs 9 a.m. - 4 p.m.
5 Day Camp - \$550

CAMP DATES

Monday, July 6 – Friday, July 10
BFK Cookbook Cooks

Monday, July 13 – Friday, July 17
BFK Cookbook Cooks

Monday, July 20 – Friday, July 24
BFK Cookbook Cooks

Monday, July 27 – Friday, July 31
BFK Cookbook Cooks

Monday, August 10 – Friday, August 14
Farm to Table

Monday, August 17 – Friday, August 21
Cooking Around the World

Monday, August 24 – Friday, August 28
Cooking Around the World

SUMMER CAMP THEMES

BFK COOKBOOK COOKS

Here at Blue Flame Kitchen we're famous for our cookbooks, we've got about 90 years of experience creating them! We take pride in creating user-friendly recipes that are easy for any home cook to follow. At this fun kids' camp we'll start *From our Roots* and pick a different BFK cookbook every day, campers will learn skills *From the Grill* and create tasty kid-approved meals.

COOKING AROUND THE WORLD

Give your junior chef a chance to explore different cuisines from around the world at this camp that explores the food and culture of countries like Italy, Spain, India, Morocco, and France. Kids will learn to appreciate different foods and flavours while picking up the skills they need to make tasty family meals.

FARM TO TABLE

Knowing where our food comes from makes cooking and eating so much more meaningful. Campers will learn all about fruits and vegetables that grow both above and under the ground and how to cook with beef, pork, poultry and dairy. In addition to the cooking know-how, kids will get to visit working farms to see food production first-hand.



OUR ATCO PARK FACILITY IS LOCATED AT 5302 FORAND ST. SW CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

