Kids in the Kitchen is a two-day summer day camp filled with fun and learning sure to increase your confidence related to living a healthy and active lifestyle. Youth will engage in interactive activities to boost your skills in food preparation, nutrition and healthy lifestyle choices, and goal setting. Surrounded by peers, you’re sure to have a lot of fun both in the kitchen and when playing active games. Spice up your summer with Post Rock District’s Kids in the Kitchen Day Camp!

For: Youth entering grades 3-5 in the fall
ALL youth welcome!
Participation Fee: $5
(non-refundable and payable to Post Rock Extension District by cash or check)
Meal: Provided to participants
Registration Deadline: July 28
Register Online: bit.ly/PostRockCamps

August 2 & 3
9:00 AM - 3:30 PM
First Christian Church
321 N Mill St, Beloit, KS
(785) 738-3597
tiunderw@ksu.edu
postrock.ksu.edu

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