



# October Kids Cooking Class



Sunday, October 26<sup>th</sup>  
11:00 a.m.-12:00 p.m.  
Conference Room  
\$5 per child, ages 5-12



Come join us for a spook-tacular time! Wear your Halloween costume to look goul-ishly fabulous!



Frog Smoothie with Eyeballs  
Chocolate Banana Ghosts  
Creepy Monster Eyeballs  
Snack O' Lanterns  
Spider Crackers



Led by Boone Hy-Vee Dietitian, Katie Kasper, RD, LD, and Iowa State University dietetic student, Kaitlyn. Your child will have fun creating these creepy crawly recipes and learn hands-on cooking skills. Also, discover some great recipes to eat healthier this Halloween!

Pre-Register at Customer Service, call 515-432-6065, or visit Boone Hy-Vee at [hy-vee.com](http://hy-vee.com) and select the "Calendar of Events" tab.