



## VIRTUAL COOKING CLASS 2021

**WHO:** Boys and girls who are entering grades 4-6 in September and reside in the Towns of Milton, Malta, or Ballston, or the Village of Ballston Spa.

**COST:** \$20.00 per student per 5 week session (not per class).

*This is the cost for residents of the Towns of Milton, Malta, or Ballston, and the Village of Ballston Spa- who also reside in the Ballston Spa School District. If you do not reside in the Ballston Spa school district or one of the four listed municipalities, there is an added fee of \$25.00.*

**ABOUT THE PROGRAM:** *Discover each of the food groups that make up MyPlate! Every week we will focus on a specific food group and prepare a delicious snack that highlights this food group. Follow along, practicing your culinary skills and learn how getting nutrients from each of the food groups helps us grow big and strong!*

*Anna Ipsen, MS, RDN, CDN is the Registered Dietitian for the Glenville, Clifton Park, and Ballston Spa Hannaford Supermarkets. It is here that Anna provides free in-store and online nutrition education on a variety of topics, personalized nutrition advice, and healthy eating presentations and demos for the community. Anna obtained her Bachelor's and Master's degrees and completed her Dietetic Internship from Russell Sage College in Troy, NY. She is also a certified health coach and has her own private practice. In her free time Anna enjoys spending time with her husband and family, exercising at the gym, experimenting in the kitchen, and traveling the world.*

**WHEN:** Thursdays from 4pm-4:30pm

**WHERE:** Zoom

**DATES:**

5/6: Great Grains: *No-Bake Cereal Bars*

5/13: Focus on Fruits: *Fruit Smoothies*

5/20: Vote for Veggies: *Rainbow Pinwheels*

5/27: Powerful Protein: *Mini Egg & Cheese Muffins*

6/3: Delicious Dairy: *Fruit & Yogurt Parfaits*

**HOW TO REGISTER:** Log onto [www.ballstonarearec.org](http://www.ballstonarearec.org) and click on the 'Register/Log in' link to be taken to our registration site. If you have already created an online account, you will be able to access the information used from your last registration. If any of your personal information has changed, **please update it**. If prior to this, you have not registered online for a BARC program, you will need to create an account and register. **Regular online registration will run from 3/27/21- 5/2/21.** Please email [ckelly@ballstonarearec.org](mailto:ckelly@ballstonarearec.org) if you need help registering.