



ShopRite of Garwood &
Cranford Recreation & Parks
present



KIDS SUMMER WELLNESS CAMPS

at the Cranford Community Center!
Taught by ShopRite of Garwood's Registered
Dietitian, Victoria!

JULY 22ND - 25TH

9 - 11:30AM

AGES 6-10 (OR GRADES 1-5)

KIDS WILL LEARN:

- How to follow a recipe
- Healthier cooking options
- How to participate in meal prep
- The importance of physical activity

Cost is \$75. This is a one-time fee for all four classes!

Registration:

Cranford Residents can sign up via Community

Pass: <https://register.communitypass.net/cranford/>

All others can register at the Center or by phone call: 908-709-7283

Classes held at Cranford Community Center

220 Walnut Ave.

Cranford, NJ 07016

Questions? Email Victoria at

Victoria.Coglianesse@wakefern.com or call 908-654-0803

Kids Summer Wellness Camps

7/22- BOARDWALK FAVES

- Hot Dog Tacos (using Applegate natural hot dogs!)
- Sweet Potato Fries
- Kettle Corn
- Baked-Not-Fried Oreos

7/23- BREAKFAST BASH

- Purple Sweet Potato Pancakes
- Granola Cups
- Egg in a Pepper
- Smoothie Bowls

7/24- PIZZA PARTY

- Calzones
- Cauliflower Pizza Cups
- Super Caesar Salad
- Colorful Cannoli Dip

7/25- FINAL CLASS: MYSTERY BOX COMPETITION

Team up to create your own menu based on the skills you've learned over the past 3 days, using a few "surprise" ingredients.



We will accommodate for food allergies as best as we can! Please let Victoria know of any further concerns you might have!