

Family & Consumer Sciences 4-H

CHATHAM COUNTY CENTER
North Carolina Cooperative Extension

2016 Junior C.H.E.F.

(Children = Healthy Eating Foods)

Hands-on-activities learning new ways to cook the foods you love.
A week filled with learning new cooking methods and physical activity
Learning to use cooking methods from boiling to baking!!!!
Each week is different and brings new adventures
Learn from start to finish in the kitchen. Having just plain **FUN**

Ages : 9 – 14 years old

Enrollment: LIMITED to **8** Youth, first-come, first service

Cost: \$80.00 per youth / **per week**, or \$25.00 / daily.

FEE is NON-REFUNDABLE

Scholarships are available.

Cost includes food, take-home materials and insurance

Time: 9:30 am - 3:30 pm (NOTE: The new time frame)

Location: Cooking Lab, Agriculture Building

Chatham County Center - North Carolina Cooperative Extension Service
Pittsboro, NC

Transportation: No Transportation is provided to and from the class.

For more details, contact Phyllis Smith, Family and Consumer Education Agent, 919.542.8202
phyllis.smith@chathamnc.org



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|---------------------------|--|---------------|-------|-------|-------|
| _____ | | _____ | _____ | _____ | _____ |
| Name | | Date of Birth | Age | Race | M / F |
| _____ | | _____ | | _____ | |
| Parents Name | | Phone - Home | | Work | |
| _____ | | | _____ | | |
| Address / Town / Zip Code | | | Email | | |

Select the week (Monday—Friday) that You (the child) is interested in:

Deadline June 6th _____ June 13th - June 17th

Deadline June 13th _____ June 20th - June 24th

Deadline July 4th _____ July 11th - July 15th

Deadline July 11th _____ July 18th - July 22nd

Complete this form and present with payment. **Make checks payable to Chatham County Cooperative Extension.**

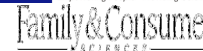
Mail to:

Phyllis Smith, RD, LDN
Family and Consumer Education Agent
P.O. Box 279, Pittsboro NC 27312

Or

Bring to:

Chatham County Cooperative Extension
Agriculture Building,
65 East Chatham Street, Pittsboro, NC 27312



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Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Sam Groce, County Extension Director at 919.542.8202 or sam_groce@ncsu.edu or in person at the County Extension Office at least 14 days prior to the event.

North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating disability.