

+ CHOPCHOP COOKING CLUB

The Prairie Kitchen's
ChopChop Cooking Club
is a Sunday afternoon
cooking and nutrition class for
children and their families.

New this Fall!



ChopChop Academy

recommended ages 9-14

Sundays 1:00-2:30pm

ChopChop Junior

recommended ages 5-8

Sundays 3:00-4:00pm

This is NOT a Verona Area School District Sponsored Event.

October 1st

Academy

Beet-and-
Carrot Slaw
Wraps

Junior

Pico de Gallo
Fruit Salad

October 22nd

Academy

Quesadillas
with Avocado
Dip

Junior

Green-and-
Bean
Quesadillas

November 12th

Academy

Raw Brussels
Sprout Salad

Junior

Warm Oven-
Baked Apples

December 10th

Academy

Any Veggie
Pizza

Junior

Big Bird's
Seed
Crackers

Recipes from chopchopmag.org

Who: Children ages 5-14 y.o. must be accompanied by an adult
(Note- 1 adult can chaperone up to 3 child participants)

Where: The Badger Prairie Needs Network, 1200 E Verona Ave, Verona WI

When: Sundays October 1st, October 22nd, November 12th, December 10th
ChopChop Academy from 1:00-2:30pm
ChopChop Junior from 3:00-4:00pm

Cost: The 4-class course requests a \$10 donation per child to benefit BPNN

Register online at www.bpnn.org/nutrition-classes