



Pediatric Cooking Classes



Teaching Kitchen



Enjoy fun, interactive cooking classes taught by a Registered Dietitian!

Classes are FREE for BMC patients and staff.



Hands-on cooking classes taught by a Registered Dietitian!

- Kids will learn basic cooking skills to prepare healthy recipes the whole family will love!
- Learn how fruits, vegetables, and whole grains can be enjoyed with our kid-friendly recipes!

WIC: Good Food Project

(For WIC families and children)
First Thursday of every month,
10:00 am-11:00 am

SUPER Kids (Shape Up and Eat Right)

(For children ages 10-16)
First Monday of every month,
5:00 pm-6:00 pm
During the school year

Family Fun with Food

(For families with small children 3-11)
First Wednesday of every month,
5:00 pm-6:00 pm
During the school year



BMC Teaching Kitchen

850 Harrison Ave, Boston, MA
Yawkey Building 2nd Floor
617- 414-3840

For complete class schedules and recipes, visit
www.bmc.org/nourishing-our-community/teaching-kitchen