

cooking classes FOR healthy kids

by Natalia Picardi / Health Coach & Mom

Healthy
Pizza!?!?!?!?

Yummy
Breakfast!



A fun introduction to healthy eating and cooking!

- Development of cooking skills and hands-on learning.
- Spark love of good food in your kids.
- Food tasting: New textures and new ideas: A better new way of eating!
- Picky eaters? They will try a variety of fresh and nutritious foods.



Every child receives a cookbook binder to collect recipes and healthy ideas to cook at home!!!

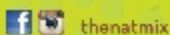
ENROLL
TODAY!

10 (ten) classes package = \$ 250

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healthy food = healthy Life!



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