

Help someone you know gain more independence through cooking!

FREE COOKING DEMO

Saturday, December 2 at 10:30 am

At the Mitchellville Public Library

Join us for a **FREE** demonstration of **The Color-Coded Chef**, a new color-coded cooking kit that helps develop life skills for **ALL AGES & ABILITIES!**

Using brightly colored measuring cups and spoons that coordinate with recipe instructions, this unique system **emphasizes visual communication** and removes many of the traditional barriers of cooking. This kit includes the recipes *and* the utensils to make fantastic meals.

See first-hand how accessible cooking can be for:

- Children interested in cooking.
- New, first-time cooks--of any age.
- Children/adults with disabilities.
- Children/adults who have difficulty with math--color coding makes it easy to measure!



Promoting Life Skills through the Power of Cooking.

www.TheColorCodedChef.com



**Reserve Your Spot Today by
Contacting Karen Spitler:**

Call (515)967-3339 or email
karenspitler@mitchellville.lib.ia.us

**Location: Mitchellville Public Library,
205 Center Ave N, Mitchellville, IA, 50169**

Cooking demo is free and open to the public.
Kits will be available for order the day of event.