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Get Veggiecated!

January 2, 2015 By Emily K — [Leave a Comment](#)

Disclaimer: I was invited to attend a Vegglecation Healthy Kids Cooking Class. All opinions are 100% my own.



This week, the Little Lady, Little Dude and I were invited to attend a Healthy Kids Cooking Class presented by **Vegglecation**. Vegglecation is a New Jersey-based culinary education program that aims to 'veggiecate' kids and their families about the benefits of vegetables and healthy eating through fun, interactive classes. These classes not only teach children how to prepare simple, kid-friendly (and yummy) recipes, but also promote an understanding of basic nutrition.

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The class was held in the party room* of YoFresh in Hatfield. Karen, the owner, was incredibly sweet and very helpful. She showed us to the party room, where our Veggiecator Darren Hunter was ready to teach us how to make a delicious (and nutritious!) Tzatziki dip. Darren began his presentation by sharing some information about the Veggiecation program and engaging the kids in a discussion about healthy eating. The kids in the class ranged from 2 to around 8, so the older kids were more interested in the conversation while the younger kids (my daughter) didn't have too much to add. Miller used this time to color on her **spbang snack bag****, but was totally captivated once Darren began teaching the recipe.

I was curious to see how Darren planned to include everyone given the differences in age, but it actually worked out perfectly. The older kids handled the chopping and grating, while the tinier kiddos happily stirred and added ingredients. Miller loves to help me in the kitchen, so she was thrilled when Darren asked her to help stir all the ingredients together. Once the dip was properly mixed thanks to the Little Lady, Darren brought out some yummy chips and the kids eagerly tasted the fruits (or veggies...whatever) of their efforts. It was DELICIOUS! Since it was a simple and healthy recipe, my 9 month-old could even enjoy it. Now, he has yet to meet a food he wouldn't gleefully stuff his face with, but he LOVED the dip. Truth be told...rather than taste the tiny spoonful I offered him, he opted to shove his entire hand into our bowl and then lick the sauce off. He's a classy Dude. What can I say?



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As the kids snacked, Darren handed out Vegglecation stickers, a copy of the Tzatziki recipe, and activity books to each child. The activity books also had some great recipes (hello, vanilla cinnamon chia pudding!), and Miller has enjoyed making them with me at home.



Overall, I thought the experience was a lot of fun and I'm enjoying our new recipes as much as the kids are. I'm really excited for Miller & Maddox to attend more Vegglecation classes, and I highly recommend them to other parents. These classes are definitely a fantastic way to introduce basic dietary concepts to children in a unique, hands on environment. Vegglecators are also available to

teach at birthday parties, school groups, scout troops, etc. The prices are very affordable (generally around \$12/child depending on the recipe) and the experience is totally worth it!

For more information about Vegglecation, visit their [website](#) or follow them on [Facebook](#), [Twitter](#) and [Instagram](#).

*The party room is fabulous! YoFresh offers a Birthday Party Package that includes 90 minutes of party time (complete with dance party), a TV/DVD setup, projection screen, and a party coordinator to help with set up/clean up. The room is available FREE of charge! For more info, contact Karen @ 267-649-7485. You can also visit YoFresh on [Instagram](#), [Facebook](#) and [Twitter](#).

**Karen, if you find any Anna or Elsa stickers stuck to anything...I'm really sorry. I tried to get them all!

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