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Cooking class for kids in White Plains

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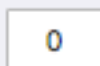
The Veggiecation Program, a nutritional education program that introduces elementary students to cooking, emphasizing vegetables and other healthful ingredients, offers free monthly classes across the tristate area, usually hosted in Whole Foods stores. Veggiecation intern Sam Sperling, 22, of Fairlawn, N.J., a child psychology student from Rutgers University, made minty pesto and celery and pear salad during the class he led at Whole Foods in White Plains. The recipes, and information on future classes, can be found at www.veggiecation.com. (Jan. 17, 2013)



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Patricia, 6, and Evelina Ferris, 9, participate as Sam Sperling, 22, of Fairlawn, N.J., leads a Veggiecation cooking class at Whole Foods in White Plains. (Jan. 17, 2013)
Photo Credit: Xavier Mascarenas

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