

Cooking with Kids

Cooking with your child can educate and empower them to make healthy choices with fresh local ingredients. We have a few tips to keep cooking with children low stress and safe:

1. Bring out a step stool. Help them get involved with a safe full view of the kitchen counter.
2. Dress for a mess. It's time to get your hands dirty, and there is no need to stress over the clothing.
3. Follow a recipe. Using a recipe helps children go step by step and learn how to measure ingredients out. We have many kid-friendly recipes to try out, <https://delawaregrown.com/local-recipes/>
4. Taste test. Taste-testing makes it more fun, and children are more likely to try healthy foods when they are the ones making them.



Young girl helping to make a salad by cutting vegetables.