

Kids in the Kitchen

**A LIVE
COOKING
DEMO**

**For AMLA
Members &
Friends**

Sunday, September 12th at 4 PM

Via phone and/or computer – participate from ANYWHERE!

Parents – the right approach can relieve you of some of the chore of meal prep. Getting kids involved can give them a sense of accomplishment and ownership in the process. It can expand their palates, creativity, and other life skills.

Watch and learn while local catering chef Aisha is joined by a special team of kids to show you how to make fancy foods that can be a meal, snack, or appetizer.

REGISTER NOW:

Visit: www.AmericanMutual.org

Call: 216-531-1900, ext. 212

E-mail: Member@AmericanMutual.org

Chef Aisha has been in the kitchen for over 20 years. She enjoys being creative with familiar gourmet dishes and turning them into fun and exciting new ones. Her catering business On A Roll is based out of Cleveland Ohio and she caters to the local Steel Mill, surrounding Hospitals, County workers, the elderly and more. For the last 20 years Chef Aisha has been feeding the homeless community of Cuyahoga County via shelters at least once a month.