

Introducing WHOLE Kids ACTIVITIES



Do you have a
budding chef
in your family?

Kids activities at Whole Foods Market® introduce kids ages 4-18 to the tasty world of food and cooking in a fun and creative way.



Whole Kids Classes

Each month, we hold cooking activities and classes for all ages. Check the calendar available in store or online at www.wholefoodsmarket.com.

Half Pints

Ages 3-5 will scoop, pour, roll, stir and spread foods to make their own edible creations with crafts and storytelling mixed in to keep learning fun.

Future Chefs

Ages 6-8 will learn to measure ingredients, prepare recipes, and practice food safety to enable them to prepare foods on their own.

Growing Gourmets

Ages 9-12 will learn how to prepare menus, pair foods, and select spices to create fun meals.

Tours

Are they curious about how to cut up a 75 pound wheel of cheese? Our informative 30-minute tours are a perfect introduction to healthy eating. We're also pleased to offer tours with an emphasis on careers in the food-service industry. Our stand-alone tours are provided free of charge to groups.

For details and to schedule an event, contact the Events Coordinator at 847.776.8080.

School & Scouting Groups

We have many options for children to learn about food and nutrition. From a simple tour highlighting healthy snacks, to fun and educational cooking activities, or even making a full meal, our Event Coordinators focus on health while adding lots of fun.

Additional “Hands On” Options

Snack Attack

After taking a store tour, retreat to our classroom for a quick cooking lesson. From making fruit and yogurt parfaits to cheese pizza, smoothies and more, these simple recipes show kids how to make a nutritious snack by themselves! All Snack Attack cooking activities are \$5-10 per child. Decorate a cookie, cupcake, brownie, or ice cream sundae for \$2.50 more per child.

Advanced Cooking

Children who are looking for extra experience in the kitchen can work on an Advanced Cooking theme of their choice. Advanced Cooking activities range from \$10-25 per child. From bread baking to sauce making, your child will go home with new skills and recipes to use in the kitchen. Advanced Cooking desserts are available for an additional fee.

CELEBRATE



with a creatively-fun
PARTY
at Whole Foods Market!

Whether you're looking for a birthday party, back-to-school celebration or a great end to a sleepover, our parties entice and excite the pickiest eater!



Classic Pizza Party

Ages 4+ capacity 20 children

If Mario & Luigi can do it, so can your party! The classic pizza party lets party-goers get hands on with making their own pizza plus learn a little about what makes it happen! Plus we'll throw in veggie appetizers & fruit kabobs, and all attendees will get to customize their cupcake served with ice cream.

- *Classic Pizza Party: \$200.00 for 10 children; \$12.50 for each additional child*
- *All specialty parties: \$225.00 for 10 children; \$12.50 for each additional child*

Fiesta!

Ages 8+ capacity 15 children

For this gathering, we head south to the border to bring you a fiesta unlike any other! Guests have the opportunity to make their own chicken or cheese quesadilla, plus we'll mix it up with a custom order of Mexican rice. Top it off with a sweet treat - crispy cinnamon tortilla to go with ice cream sundaes. Olé!

Teddy Bear Picnic

Ages 3+ capacity 15 children

Bring your teddy bear and gather with friends to enjoy a picnic spread with fun-shaped sandwiches, ladybugs on a branch, and personalized cupcakes.

Fondue Fun

Ages 8+ capacity 15 children

Fondue = FUN! Our Whole Foods Market chefs will guide your party through the making of a classic and yummy cheese fondue. Toasted chocolate and strawberry sandwiches. Fruit, pretzels, and marshmallows to dip - plus we'll be making sweet treats to take home in a gift box to share.

Carnivale Naturale

Ages 6+ capacity 15 children

Come one, come all to a carnival full of flavor! Delight in creating circus favorites such as all-natural corndogs, popcorn balls, and a desert cinnamon soft-pretzel with ice cream.

Far Out Far East

Ages 9+ capacity 15 children

Chefs at this party will feel like they just flew back from the Far East! Highlights of this party featuring Asian flair include hands on Mu Shu style Asian wrap, sesame noodles, and a baked wonton bowl filled with tropical fruit sorbet!

That's Italian!

Ages 9+ capacity 15 children

This is THE real deal...the making of an authentic Italian meal. We'll kick the party off with bruschetta, graduate to calzones, and wrap up with making a strawberry macarponi dessert.

Hold your next party at Whole Foods Market. From goody bags to activities, we have everything covered. You simply show up!

Kids can Kabob

Ages 7+ capacity 15 children

Everything tastes better on a stick! The guest chefs will have the opportunity to make all kinds of kabobs! A fruit kabob with fruit swirl dip for an appetizer; chicken, steak, or tofu kabobs for a main course; and you can't forget dessert - a specialty kabob serviced with ice cream.

Tea & Potpourri

Ages 8+ capacity 15 children

Little ladies can get together for their very own tea and potpourri party! The Whole Foods Market chefs will help get things rolling and the guest chefs can help prepare finger sandwiches, a crudite plate, plus a mini dessert platter. We'll also make a craft of potpourri sachets and trivets.

Halloween Party

Ages 7+ capacity 15 children

It's a ghoulish good time any time of year! All your guests can dress up as their favorite character plus have the opportunity to make mummy dogs, deviled eyeballs, vampire punch, and a dirt dessert!



1331 North Rand Road
Southeast corner of Rand & Dundee Roads
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