



Your First *Cook*

Welcome to Let's Cook Houston. This guide has everything your young chef needs before their first Saturday — what to wear, what to bring, and what the day looks like. One Saturday a month, one new skill, one meal made from scratch.

WELCOME, CHEF

We can't wait to cook with you.

Every month, our young chefs step into a real kitchen with real chefs to learn one new skill — knife safety, sourcing fresh food, a cooking technique, or plating like a pro — and then sit down to a garden-to-plate meal they made themselves. No experience needed. Just bring your appetite and a willingness to try. Here's how to get ready.

WHAT TO WEAR

- ✓ **Closed-toe shoes**
Sneakers are perfect — no sandals or open toes in the kitchen.
- ✓ **Comfortable clothes**
Something you can move in and won't mind getting a little messy.
- ✓ **Short or tied-back sleeves**
Long, loose sleeves stay away from stovetops and knives.
- ✓ **Hair tied back**
Long hair in a ponytail, bun, or hat. We provide hairnets too.
- ✓ **We provide the apron**
A Let's Cook Houston apron is waiting for every chef.

WHAT TO BRING

- ✓ **A refillable water bottle**
Cooking is warm work — stay hydrated all day.
- ✓ **Allergy & dietary info**
Tell us in advance (see the note on page 2) so we can plan safely.
- ✓ **A hair tie or headband**
If your hair is long and you'd rather bring your own.
- ✓ **A can-do attitude**
Curiosity and a willingness to taste new things — that's it!
- ✓ **Leave at home**
Cash, valuables, and phones stay tucked away during cook time.

WHAT TO EXPECT

- **Hands-on from minute one**
You'll be cooking, not just watching. Everyone gets a station and a job.
- **One skill each month**
Each Saturday builds on the last — it follows our 10-week program, one lesson at a time.
- **Real chefs, real kitchen**
Learn from professional chefs using proper (kid-safe) tools and technique.
- **A meal you made**
Every session ends with a garden-to-plate meal everyone sits down to enjoy together.



The Day Ahead

A look at how a Youth Saturday flows, how we keep every chef safe, and what parents and guardians need to know.

A TYPICAL YOUTH SATURDAY

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| 1 | Arrive & Check In | Drop-off, apron on, wash hands, meet your chef and your station. |
| 2 | Skill of the Month | A short, fun lesson — today's technique demonstrated step by step. |
| 3 | Let's Cook! | Hands-on cooking in small teams, guided by chefs every step of the way. |
| 4 | Plate & Present | Plate your dish like a pro and show off what you made. |
| 5 | Eat Together | Sit down as a group and enjoy the garden-to-plate meal you cooked. |
| 6 | Clean & Wrap Up | A real chef leaves a clean kitchen. Then pickup and see you next month! |

SAFETY IS OUR #1 INGREDIENT

Every chef, mentor, and volunteer completes background screening before they ever step into our kitchen. Kids are supervised at all times with a low student-to-chef ratio, use age-appropriate tools, and follow ServSafe-based hygiene and safety rules from the very first minute. First-aid trained staff are always on site.

FOR PARENTS & GUARDIANS

- **Pricing**
\$55 per child · sibling rate \$45 · 4-session pack \$200.
- **Ages**
Open to youth ages 6–17. Groups are split by age.
- **Allergies & diet**
Send dietary needs and allergies when you register so we can plan and label safely.
- **Drop-off & pickup**
Please arrive a few minutes early for check-in and be prompt at pickup.

READY TO SIGN UP?

Register your young chef and see the next Youth Saturday date online:

travelvillakitchen.org/let-them-cook

QUESTIONS?

villakitchenhtx@gmail.com

Grow. Cook. Lead. — we'll see you in the kitchen, chef.