



www.thecreativefeast.com 603.321.5011



**Breakfast for Teens: Get smarter, happier, and more energetic!  
Cooking Demonstration and Tasting**

Eating a healthy breakfast makes you smarter, happier, and more energetic. If breakfast is so great, why is it so hard to eat a healthy breakfast before school? Join cooking instructor Liz Barbour and other teens to learn how to prepare quick, healthy breakfasts and easy "to go" meal ideas. Discover new food combinations that will surprise your taste buds and satisfy your morning nutrient needs. Breakfast never tasted so good! Enjoy a cooking demonstration of

two recipes and samples for all to taste. Recipes and paper goods included.

Read more about Liz Barbour's Creative Feast at [www.thecreativefeast.com](http://www.thecreativefeast.com)

**Program Fees**

**Private Parties, Clubs, Retail Shops, Markets:**

\$350 plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

**Public Libraries:**

First Booking: \$150 plus .50 per mile travel.

Repeat Bookings: \$200 each plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person