



TOTS & teaspoons

Hands on cooking class to teach Tots (ages 2-5) how to make fun, nutritious snacks with a caregiver. Nutritional information will be provided by a Nutritionist during the making of the snack by Tot and caregiver. Food samples and take home nutritional information will be supplied.

(10 am– 11 am) April 9th -Yoga for Toddlers– reading of You are a Lion!, learn yoga poses and make a healthy snack (hummus & apples)

(10 am—11 am) June 11th– reading of The Tiny Seed, make seed bombs, learn about bees, pollination and honey, then healthy honey popsicles.

(9:30 am –10:15 am) September 10th reading of “We’re Going on a Bear Hunt”, Activities include making Healthy Trail Mix, bear hunt map with sensory items and making paper binoculars.



Registration for each individual is required to ensure that adequate supplies are prepped. Class size limited.
Register with the Terre Haute Children's Museum

Class Sponsored by:



The Maple Center for Integrative Health



Larry P. Fleschner
Memorial Foundation