

Kids program hits the spot

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Northumberland cares for kids - in more ways than one.

Northumberland Cares for Children (NCC) is a service organization operating across the county offering free programs to enhance the lives of our children. Currently the group is running the Colborne Chefs Program for kids after school in Colborne Public School.



Each week, close to a dozen kids and some of their parents get together in one of the classrooms at the school and they prepare food. By the looks of the action on Feb. 20, most of the recipes are devoured on site. There aren't many leftovers.

Coordinator Cheryl McMurray says the "classes" are part of the organization's nutrition counselling program. Normally they work with kids aged 4-8 on one day and those 9-13 on another. But this time round there was a conflict with the drumline practices so the two food groups were amalgamated.

The series of 11 sessions, which started in 2011, runs three times a year. One afternoon a week the staff of NCC and parents guide the kids as they make inexpensive recipes they can repeat at home. They try some of the things they make and take others home. It gives the kids practice with fractions and expands their knowledge.

There is often a kitchen safety picture to colour or a word search. Sometimes