



NICA's Cooking Network!



...Integrating Community and Loved Ones...

NICA's Community Center

1300 Cunat Court
Lake in the Hills, IL 60156

Come join NICA's team of Master Chefs as they share some of their best kept secrets in the kitchen. Hands on demonstration, with food samples provided. Enjoy highly nutritious foods that your family will love! Receive printouts of recipes that are suitable or easily converted to special diet plans.

Topics of interest include: Healthy food choices, Picky eaters, Gluten and Casein free diets, GAPS diet, Immune system support, Sensory issues, Allergy adaptation, Kid friendly foods, Budgeting for Special Diets, Nutrient dense options, Reduce Trans fat/increase "healthy fat", Low Carbohydrates, and High protein. Dietary support is available by a degreed Nutrition coach.

Cost: \$10 per family. (pay at the door)
NICA Community Center Members free.

* Go to www.NICAutism.org or call (847)658-5607 to find the upcoming scheduled date, time and menu.

NICA onsite social group assistants are available on request to assist with child care.

RSVP is requested. A minimum of 3 families required for this event to take place. "Walk ins" welcome, please call to verify the minimum has been met.



Please call Annette Gallagher at (847)658-5607 or message A.Gallagher@NICAutism.org

