

# DUTCH OVEN COOKING

## The Healthy Way

### Objective:

Come join the McCall Parks and Recreation Department, the McCall Memorial Hospital's Center for Health Promotion, and MOSS, University of Idaho to celebrate the first day of spring and the changing of the season with a nutritious meal, skiing, and or snowshoeing.

### When and Where:

**Date: Saturday, March 20th**

**Location: McCall Outdoor Science School, U of I Field Campus**

**Time: 5:30 to 8:30 p.m.**

### Entry Fee:

- Residents (15 and Up) \$8.00 + Tax
- Non Residents (15 and Up) \$12.00 + Tax
- Free: 14 and under, (must be accompanied by an adult.)

### Registration: ( Friday, January 22nd - Friday March 19th)

(Space is limited, Pre-registration required)

Registration forms can be picked up and turned in at City Hall, located at 216 E. Park St.

### Participants:

- Open to All Ages, (Under 15 must be accompanied by an adult).

### Program Features:

- The art of Dutch Oven Cooking
- Nutritional and Healthy Living Tips
- Nordic and or Snow Shoe Clinic

We will prep the ovens and get things cooking with a discussion on nutritional and healthy living tips by Dan Ostermiller, MD prior to heading out for a quick Nordic and or Snowshoe clinic, coming back to a healthy hot cooked meal.

- For additional information, available space, and to register please contact:  
Kurt Wolf - 208-315-0063 cell - 208-634-3006 office - kwolf@mccall.id.us  
Www.mccallparksandrec.com



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