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KIDS COOKING CLASSES AVAILABLE THIS SUMMER AT THE LITTLE NELL

'Comfy in the Kitchen' courses will run throughout spring/summer



Aspen, Colo. (May 22, 2014) – Due to popular demand and avid participation, The Little Nell will feature kid's cooking classes this spring/summer. The hotel has been sharing the secrets of warm hospitality and delicious food with Aspen's next generation by partnering with chef and cookbook author Helen DeFrance. The "Comfy in the Kitchen" classes will be on May 27, June 10, July 15 and August 19 from 3:45 – 5 p.m. at The Little Nell.

Classes are for children ages 4 and up. Kids can expect to learn basic cooking skills: how to follow recipes, measure, mix and chop as well as bring home recipes the entire family will love. Each class will feature a different theme.

"Each class features lessons on how to create both savory and sweet items," said DeFrance, who helps guide kids on the importance of a balanced meal as she also trains them how to properly use cooking tools. "It's all about being comfortable in the kitchen. Kids learn to follow recipes, measure, mix and chop, and they bring home fun and delicious recipes."

Cost is \$30 per class. Space is limited and is open to all. Interested individuals should contact Greg Van Wagner at 303.775.7315 or gvanwagner@aspensnowmass.com.

Past classes held over the summer months included lessons on creating picnic favorites and back-to-school snacks. Parents are invited to join after the class to sample their children's creations.

About Helen DeFrance

Helen was born and raised in Jackson, MS. The fourth child in a family of six children, she learned the basics of cooking as a child from her grandmother.

Helen is a graduate of Mississippi State University and a Master's Degree of Education at Pepperdine University. Helen credits her dynamic, hands-on approach to cooking with kids in part to her education background, where her emphasis was on Montessori training, a method of teaching based on hands-on, experiential learning. Helen understands the importance of engaging children in the learning process and brings this concept into the kitchen. Her cooking classes not only involve children in every aspect of planning the family meal, but also teach them the source of the ingredients and the steps it takes to make a successful meal.

She combined her two loves, teaching and cooking, and developed a curriculum for kids called "Thyme to Cook!" She has been teaching children's cooking classes for ten years and discovering and encouraging mini chefs in the making, including creating and running the "Kitchen Full of Kids" program at the acclaimed [Blackberry Farm](#) in Tennessee. She is the author of two cookbooks *At Home Café: Gatherings for Family and Friends* and *At Home Café: Great Food and Fun for Everyone*. Her unique approach to cooking with children has been featured on the "Martha" show, on which she cooked with host Martha Stewart, and has been featured in *Southern Living*, *Mississippi Magazine*, and *Delta Magazine*.

Helen resides in Aspen, Colo.

About The Little Nell

Cosmopolitan yet intimate, contemporary yet timeless, The Little Nell invites guests to experience Aspen's only ski-in/ski out legendary hotel and the newly opened element 47 restaurant. A Forbes Five Star and AAA Five Diamond property, The Little Nell offers luxury services and unparalleled access to America's most famous mountain town. For more information, and for reservations, call 888-The-Nell (888-843-6355) or visit www.thelittlenell.com.