



## Buncombe County Schools

November 29, 2019 ·

The Green Aprons Club at [Charles D. Owen Middle School](#) teaches healthy nutrition and foundational cooking skills to committed young cooks. Each week, health coaches from local nonprofit [Bounty & Soul](#) teach students about ingredients, nutrition, flavor combinations, and cultures behind the food items. Students cook and taste the dishes, and then they get to take home a bag with the needed ingredients and recipe so they can practice at home!

