

# The Art of Cooking- Learning the Basics



Our Art of Cooking - Covering the Basic classes are designed to teach the fundamentals of cooking, food prep, and meal planning. Overseen by our Certified Life and Health Coach Siobhan Albahan and Our Beyond The Spectrum Program Founder Rebecca Whitman... we walk students through the journey of gaining independence while learning the Art of Cooking.



We approach this class as if we are teaching a life skill as it is a part of our Art of Life Program. This skill will follow the student for his or her entire life. We are very deliberate in our approach to teaching. We use tools that are safe and easy to use and meals that are easy to create at home in a safe way.

We foster independence and teach the students the true fundamental skill of caring for themselves.

This class will foster self confidence, encourage positive self care, teach healthy choice making and build skills that work toward independence and a successful future.

Our Basic Cooking class uses tools such as electric skillets, electric griddles, crock pots, and air fryers. This allows the student to learn how to food prep without the dangers that can come for beginners with

Stiletto's Fine Arts Studio

Office: 607-239-5050

Cell: 607-778-9393

Info @ [Stiletto'sfineartsstudio.com](mailto:Stiletto'sfineartsstudio.com)

Address:

535 Vestal parkway West  
Vestal, NY 13850



stoves and ovens. This allows the student to eventually be able to manage this task without parental or adult supervision.

The cost of the class is \$65 a week

We require students to register 7 days in advance of the class to allow us to order the freshest food available and to ensure each student has what they need.

The class we must be prepaid in advance we do not refund if the student cancels as we keep each class small.



We do offer direct billing to funding agencies that allow it.

