



"Special Friends connecting through Food"

Cook Club for Adults with Developmental Disabilities (Ages 21 and older)

Cooking Classes accommodate 8 and include nutrition education, cooking instruction, and a shared meal prepared by participants. Each member will receive a copy of easy-to-follow tested recipes designed for preparing a meal for one, plus an individual leftover. The skills developed are designed to prepare the individual for independence in meal preparation and healthy lifestyles.

2019 First Quarter **SCHEDULE/MENU**

Cooking Classes

Mondays - 6:00 p.m. to 8:00 p.m.

Cost \$55 per class

NOTE: Depending on skills involved in each recipe, and the number of ingredients, we will sometimes make a small dessert, side dish or salad in addition to the main dish. Our goal is to have time to work on as many skills as possible, and to make a well-balanced healthy meal. We believe in "moderation" not "deprivation" and strive to expose participants to many types of foods. Our main dishes for upcoming classes are listed below and are all made in one pan, with the goal of teaching the participant a dish they can prepare independently.

January 7, 2019 - *Skillet Veggie Lasagna* **FULL**

January 14, 2019 - *Hearty Beef Stew Skillet* **FULL**

January 21, 2019 - *Greek Style Beef and Penne Skillet* **FULL**

January 28, 2019 - *Southwestern Chicken Soup* **FULL**

February 4, 2019 - *Italian Chicken with Orzo* **FULL**

February 11, 2019 - *Skillet Shepherds Pie* **FULL**

February 18, 2019 - *Unstuffed Pepper Skillet* **FULL**

February 25, 2019 - **NO CLASS!**

March 4, 2019 - *Mexican Chicken, Sweet Potatoes, Black Beans* **FULL**

March 11, 2019 - *American Skillet Goulash* **FULL**

March 18, 2019 - *Seafood Rice Skillet*

March 25, 2019 - **NO CLASS!**

For more information or to register contact
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