

# Join a hands-on, in-home experience where you'll build skills that last a lifetime!



## What You'll Learn in Class:

### Kitchen Safety & Setup

Learn how to keep your kitchen clean, organized, and safe while cooking.

### Cooking Basics

Master essential skills like measuring, chopping, and mixing.

### Following a Recipe

Step-by-step guidance to create simple, delicious meals you can make on your own.

### Meal Planning & Nutrition Tips

Discover how to plan meals, try new foods, and understand the basics of good nutrition.

## Why Join?

### Build independence

Gain confidence in the kitchen and beyond.

### Try new foods

Explore different ingredients in a fun, no-pressure environment.

### Learn practical life skills

Master everyday kitchen tasks that you'll use for life.

### Go at your own pace

Sessions are tailored to your comfort level and learning style.

**Where:** In the comfort of your home

**Who:** Teens & young adults

**How:** One-on-one or small group session

## Cost

**In-home cooking class (1 on 1) 1 hour: \$175.00**

**Group cooking class (5 to 7 participants) \$60-75\$ per person**

**Grocery Store Tour (1 on 1) 1 hour: \$175.00**

