



Adults Can Cook - Fall 2019

Independence in the kitchen is one of the most important life skills we can teach, as the ability to prepare healthy food safely has implications for good health, independence, and peace of mind for families. This program is designed to promote independence in the important life skill of cooking and healthy eating habits. Students will develop their planning skills through cooking by choosing a simple recipe, preparing the ingredients, and following a recipe to make a meal in a small group setting.

This program is taught by Aja Masters, who has been a Teaching Assistant at the DSRF for 4 years, as well as the Summer Program Coordinator. Aja graduated from SFU with a major in Psychology and a minor in Learning and Developmental Disabilities and holds current FOODSAFE Level 1 certification.

Instructional components include: nutrition, planning, problem solving, cutting, pouring, mixing, handwashing, safe food handling, and dishwashing.

Dates	Class Schedule	Fee	Class Size	Ages	Location
September 5 - December 12, 2019	Thursday 3:30 pm - 5:00 pm	\$300.00 (15 classes)	4	19 and up	DSRF

Registration

Client's Information

Last Name: _____ First Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Date of Birth: _____

Parent Name: _____

Phone: _____ Cell: _____

Work: _____ Email: _____

Payment Information:

Cheque attached

Please charge my Visa Mastercard Amount \$_____

Name on Card: _____

Card Number _____ / _____ / _____ / _____ expiry date ____ / ____ code _____

For questions or to register please contact
Nimet Tejpar
at 604-444-3773 or
nimet@dsrf.org



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Cancellation Policy: All withdrawal requests must be received by nimet@dsrf.org one week prior to the start of the program. No refunds after the start of the program.