



# Adults Can Cook - Winter 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 3 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
January 9 to March13, 2019	Wednesdays 3:30 pm - 5:00 pm	\$200.00 (10 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](mailto:nimet@dsrf.org)



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