

Basic Cooking Skills Classes



Youth with disabilities ages 16-21 will have the opportunity to learn basic cooking skills and practice social skills while working together.

- ✓ Handwashing
- ✓ Knife Safety
- ✓ Cross Contamination
- ✓ Nutrition
- ✓ Following a Recipe

June 16, 2016

RSVP by June 15

July 14, 2016

RSVP by July 13

4:30 p.m. to 6:30 p.m.

1760 Southridge Drive, Jefferson City, MO

Contact Jenny at (573)556-0400 or

Jennifer@ilrcjcmo.org



 **ILRC**
Independent Living Resource Center, Inc.