

# Upcoming ILRC Basic Cooking Skills Workshops:

During these workshops youth will have the opportunity to learn basic cooking skills such as kitchen safety, using a kitchen knife, using the stove top and oven. We will put these skills to practice by working in groups to make a snack to share.

Who: All youth with disabilities age 12-22

What: Basic Cooking Skills– Please feel free to attend both workshops. We will be working on different skills and making different foods at each workshop

When: April 17, 2014 and May 22, 2014 from 5-6:30

Where: 1760 Southridge Dr. Jefferson City, MO

Please RSVP the Monday before each workshop to Jenny at 573-556-0400 or [jennifer@ilrcjcmo.org](mailto:jennifer@ilrcjcmo.org)



YOUTH (Age 12-22): In order to attend Youth Group activities each youth must fill out Youth Group paperwork. If you do not have it at the time of dropping your youth off, you will be required to fill it out before you leave. In order to receive it before the event, please let Jenny know and ILRC can mail or email it to you.