



## BCO OFFERS A COOKING SKILLS PROGRAM THAT IS HELD FIVE DAYS A WEEK OVER AN EIGHT WEEK BLOCK.

The program includes all aspects of cooking including:

- Reading recipes and identifying kitchen utensils and tools
- Budgeting and shopping for ingredients
- Food Safety with preparation and storage
- Safety in the kitchen
- Measuring out ingredients
- Nutrition level and healthy meal options

Participants are then able to practice making the meals in a safe and supervised setting.

## COOKING SKILLS PROGRAM

Participants are able to take home recipe sheets that have all the information used on the day in an easy read format.

BCO use recipes from Down Syndrome SA.