

## DSANV Cooking Club Featured Chef Interview with Charlotte Woodward



DSANV Board Member Charlotte Woodward is a well-spoken advocate for people with Down syndrome. She is a junior at George Mason University majoring in Sociology with a concentration in Social Justice and Inequalities. Charlotte works as a Community Outreach Associate for the National Down Syndrome Society (NDSS) lobbying Congress and serving as Editor in Chief of a new NDSS online magazine called: “Our Voices,” written by and for self-advocates with Down syndrome. She serves at NDSS “C21” (Chromosome 21) pop up restaurant events to demonstrate that people with Down syndrome are “ready, willing, and able” to work. Her career goals are to keep advocating, continue writing and she hopes to be a politician one day.

Chef Charlotte Woodward’s favorite cooking skill is baking. She enjoys making muffins and scones. She learned the importance of eating heart healthy foods after receiving a heart transplant in 2012. Her favorite salads include those with fruits, nuts and cheese.

As an advocate, she feels independent life skills like cooking are a key to our success. She said she would like to “see people with Down syndrome and other IDD conditions to be represented in the culinary arts. We need that representation in society to help end ‘law syndrome’ once and for all.”