



Since enrolling in the Cooking Club class during the Summer of 2019, Maryanne Galdo says her daughter Catherine, has been more involved in the cooking process at home. Catherine now sets the table nightly and regularly helps chop vegetables for a salad.

Through participating in the Cooking Club Catherine has learned several basic skills such cutting using adaptive knives, measuring dry and wet ingredients for recipes, as well as stirring ingredients together in a bowl.

Maryanne says she and Catherine have made chili, cookies, meatballs and mashed potatoes.

Catherine and Maryanne also enjoy being creative with cooking. For example, they created a ham and macaroni cheese casserole with Thanksgiving leftovers. Cooking isn't only a skill but also a way families can enjoy spending time together.