



Mia Phares – June Chef of the Month



As a rising high school student, Mia longs for increased independence and to demonstrate that she is capable to meet new challenges. She often teaches our family that there is more than one way to get a job done and that some of the best experiences come from us letting her make choices and lead. Mia enjoyed the inaugural cooking club—especially the actual eating portion of the class to taste the foods and try new combinations. We tested some meal kits from Giant, and she worked alongside her older sister in preparing meals from Hello Fresh. Since the closing of schools and stay home orders she has baked a few items and will often assist with dinner

preparations. She came up with her own ‘hack’ to prevent her eyes from watering when cutting onions and put her swimming mask on – brilliant! She most recently accepted the dessert cooking challenge and prepared some oatmeal cookies – they didn’t last long!