



COOKING CLASSES

For Inland Regional Center Clients

Must be able to hold knives, be independent and, able to be near stove with supervision

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June/July 2023

4 Sessions will be
Thursdays
in June and one in July
(15th, 22nd, 29th, July
6th)

Auditorium kitchen at IRC
1425 W. Waterman Ave,
San Bernardino

3:30 - 5:00 pm

Instructors



Valerie Mosher

Dietitian and experienced
caterer.



Chuchie Doubek

Retired IRC caseworker and
graduate of NY Restaurant
School.

Class Size is Limited!!

Email or call to reserve your spot.
909-557-0046 Val@H4HNow.com

What you will learn

Kitchen safety

How to hold a knife properly

Different cuts with a knife

How to follow a recipe.

How to work with others.

How to cook healthy meals.

Quick meals to prepare

Driver must stay with client and be near kitchen at all times.

Meals prepared:

Breakfast - 1st session

Lunch - 2nd session

Healthy snacks - 3rd session

Dinner - 4th session

(certificates awarded for completion of all 4 sessions).

Spanish Speaking Welcomed!

Foods prepared will be eaten at the end of each cooking session.