

Hampton Roads Culinary Class Schedule

Culinary
Connections
by Easterseals PORT Health



Culinary Connections Teaching Kitchen
3509 Virginia Beach Boulevard, Virginia Beach, VA 23452

Spring 2025

Dates	Days	Time	Who?	Class ID	Price
Mar 3, 17, 24, 31, Apr 7, 14, 21, 28	Mondays	4:30 - 6:00 PM	Recipe for Independence ages 16+	R4I-B36	\$144
April 7, 14, 21, 28, May 5, 12, 19, June 2	Mondays	11:00 - 12:30PM	PRIVATE GROUP	R4I-B38	private group
April 12	Saturday	10:00 - 11:00 AM	Club Cuisine - ages 16+	CC-B39	\$10
April 12	Saturday	12:00 - 1:00 PM	Club Cuisine - ages 5-15	CC-B40	\$10
April 14 - 17	Mon - Thur	9:00 - 10:00 AM	Cooking with Friends - ages 5-9	CWF-B42	\$60
April 14 - 17	Mon - Thur	2:00 - 3:00 PM	Cooking with Friends - ages 10-15	CWF-B43	\$60
April 21	Monday	2:00 - 3:00 PM	Foster Care Providers <i>Afternoon bites & insights about iCook!</i>		FREE
April 24	Thursday	12:30 - 1:30 PM	Foster Care Providers: <i>Lunch & Learn about iCook!</i>		FREE
April 24, May 1, 8, 15, 22, 29, June 5, 12	Thursdays	10:00-11:30 AM	PRIVATE GROUP	R4I-B48	private group
May 5, 12, 19, June 2, 9, 16, 23, 30	Mondays	4:00 - 5:30 PM	Recipe for Independence - Level 2 <i>must have completed R4I</i>	R4I2-B44	\$160
May 10	Saturday	10:00 - 11:00 AM	Club Cuisine - ages 16+	CC - B45	\$10
May 10	Saturday	12:00 - 1:00 PM	Club Cuisine - ages 5-15	CC - B46	\$10
May 22, 29, June 5, 12, 20	Thursdays + Friday	5:30 - 7:30 PM	iCook! - youth in foster care, ages 14-20	IC-B41	\$150
May 24, 31, June 7, 14, 21, 28, July 5, 12	Saturdays	11:00-12:30 PM	Recipe for Independence ages 16+	R4I-B47	\$144

Wilmington, NC Culinary Class Schedule

Culinary
Connections
by Easterseals PORT Health



New Hanover County Ag Extension Kitchen
6206 Oleander Drive, Wilmington, NC 28403

Spring 2025

schedule coming soon!

What's with all the numbers and letters?

R4I = Recipe for Independence
CWF = Cooking with Friends
IC = iCook!
CC = Club Cuisine
B## = identifies your specific group

If your desired class is full, be sure to register for the waitlist. You will be among the first contacted for any openings. Classes are filled on a first come, first served basis.

Stay tuned, more classes may be added!

Cooking with Friends

These fun classes allow children to freely experience the kitchen by exploring smells, textures, tastes, tools and gadgets and laugh alongside peers creating food masterpieces. We combine intentional play with developmental skill building activities to address motor and sensory functions, social communication skills, choice making and food exploration into four, 1 hour sessions.

Individuals living with an intellectual/developmental disability (I/DD) or mental health need and:

- Ages 5-9 and 10-15*
- Ability to participate in group setting for 1 hour
- Willingness to participate in food related activities

*ages are a guideline only, exceptions may be made

iCook!

iCook! is an alternative to traditional talk therapy, where youth in the foster care system are introduced to "culinary therapy". A licensed therapist and culinary professional team up to teach and practice coping techniques as well as useful kitchen skills & recipes. The foster-informed team will utilize their experience to individualize strategies students can use to manage life's challenges. Additionally, the students will benefit from kitchen instruction, as they transition into their adult lives.

If you support a child in foster care, consider this unique opportunity for them to have a positive, safe and supportive experience in the kitchen! You had me at FOOD!

Recipe for Independence

An interactive skill-building course designed to enable more independent and healthy habits for students. Participants learn cooking skills, healthy meal choices, kitchen safety, sanitation and more.

Individuals living with an intellectual/developmental disability (I/DD) or mental health needs who are interested in cooking are eligible for our classes. Ideal candidates will:

- Age 16+
- Participate in group setting for 1.5 hours**
- Commit to attendance
- Maintain hygiene & hand washing**
- Recognize "cold" versus "hot"
- Engage in a sensory-rich environment**

** denotes with or without support

Club Cuisine

Club Cuisine is our newest offering, providing more frequent opportunities to be in our kitchen! Participants will enjoy a one hour, themed activity - learning a kitchen skill and socializing with peers.

Individuals who are currently enrolled & participating in, or have previously completed one of our classes are eligible to participate. One session will be offered for "Junior Chefs"- ages 5-15 and one for ages 16+. Keep an eye out on our social media for each month's Club Cuisine theme!