



# cooking

## with confidence

a free cooking program  
for individuals with autism

Learn basic cooking skills, including how to follow a recipe and how to stay safe in the kitchen.

Students will prepare a fresh, healthy meal and eat it together. Students will go home with a new recipe so they can cook with family and friends.

**Wednesday, October 16**  
**6:30 – 8:30 p.m.**

**QUALIFICATIONS:**

- Be an individual with autism
- Be age 18 or over
- Have the ability to use language, with or without an augmentative communication device, in order to share and exchange information with the instructor and classmates

**REGISTRATION IS REQUIRED.**

SPACE IS LIMITED. ONE STAFF PERSON, FAMILY MEMBER, OR CAREGIVER IS WELCOME TO ATTEND TO ACCOMPANY AND SUPPORT THE PARTICIPANT.

Classes are held at **Parkway Central Library's Culinary Literacy Center.**

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[www.phillyautismproject.org](http://www.phillyautismproject.org)

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To register, please contact Disha Uppal. | [phillyap@drexel.edu](mailto:phillyap@drexel.edu) | 215-571-3152