

# FOUR-COURSE LIVING

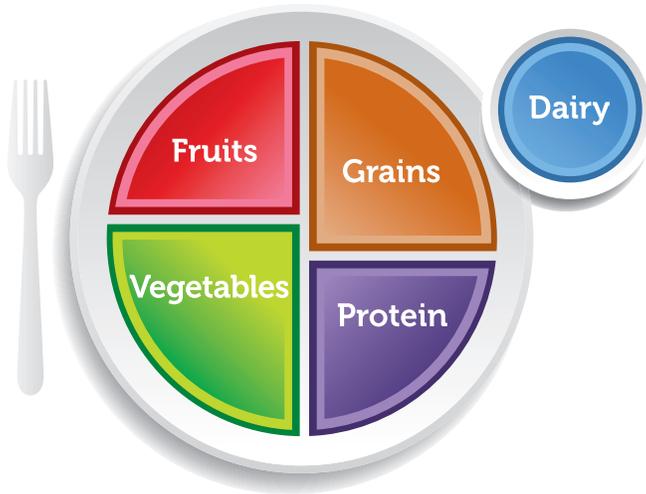
**NUTRITION • SAFETY • PLANNING • PREP**

*Essential ingredients for independence*



# A RECIPE FOR PERSONAL SUCCESS

Developing kitchen and food preparation skills is critical for individuals with disabilities who live in the community. These skills also provide a foundation for healthier living and cost savings related to meal planning. Yet, it can be difficult to find classes tailored to these individuals' unique needs. That's why volunteers Sherry Carter and Jean Porter founded Four-Course Living.



Available through the K-State Research and Extension Master Food Volunteer Program, Four-Course Living is a curriculum of primary classes focused on helping individuals with disabilities discover the importance of **nutrition, safety, planning** and **prep**. Students have the opportunity to exercise their ability to listen, follow directions, cooperate, and utilize basic kitchen equipment as they cook and enjoy a meal with their peers. Thanks to program sponsors, affordable class fees include use of the facility and all equipment, as well as the cost of the food. All classes are limited to approximately 15 participants to ensure appropriate supervision and personal assistance is provided.

## NUTRITION

Nutrition is at the heart of the Four-Course Living program. Instructors utilize the USDA's food icon, MyPlate, to serve as a reminder to help individuals make healthier food choices. Students are given plates to help them learn about portion control in conjunction with selecting foods from the appropriate food groups to ensure a balanced diet. The

nutrition classes available are particularly beneficial when paired with a meal planning class to help participants apply what they've learned in a real-life setting.

## SAFETY

Without the proper training, the kitchen can be a dangerous place for individuals of any age or skill level. Four-Course Living offers classes dedicated to kitchen safety that cover everything from how to use appliances correctly to the importance of safe food handling. Because our classes “show” rather than “tell,” students will have the opportunity to practice the safety tips provided in a fully equipped kitchen and demonstrate their skills among their peers.

## PLANNING

Part of the challenge individuals with disabilities often face in preparing healthy meals is the fact that they must do so on a fixed income. In the planning courses, instructors work with students to understand the importance of planning ahead, rather than shopping for one individual meal at a time.

Attendees then have the opportunity to learn how various ingredients can be combined to make different balanced meals while staying on budget. Together, instructors and students use the selected foods to prepare and eat the planned meal.

## PREP

Using many of the skills learned in our other core groups of classes, individuals with disabilities have the opportunity to participate in our cooking classes. In order to safely and successfully cook a meal, individuals must partake in various activities using different appliances and utensils to prepare the food. Four-Course Living prep classes teach students everything from knife skills to food preparation basics. Best of all, participants get to enjoy the food they make before class is over.

Call 913.526.4062 for details on upcoming classes or to get registered!

*Day service and residential service providers interested in scheduling classes for their clients are urged to contact Jean Porter, [jeanporter2010@gmail.com](mailto:jeanporter2010@gmail.com), directly.*



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## **K-STATE RESEARCH & EXTENSION OF JOHNSON COUNTY**

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*Supported by a grant from Arcare, Inc. [www.arcare.org](http://www.arcare.org)*

