



Cooking Programs

Vaughan

**City of Vaughan Special
Needs – Cuisine for Life**

*Learn culinary skills, nutrition,
how to make healthy lifestyle
decisions independently*

Ages: 9+ yrs

All Abilities

905-832-2377 x 7405

Maple CC

Inclusion and Community Services Specialist
specialneeds@vaughan.ca

<https://www.vaughan.ca/services/recreation/registration/Pages/default.aspx>

**Kitchen Talk: Adventures in
Cooking and Social Skills/
Speech Language Therapy**

*The kitchen is an exciting place
- somewhere where people
gather, talk & socialize.
“Kitchen Talk” is an innovative
program which builds the
communication skills of people
with special needs through the
motivating element of food.
Communication & social skills
training through cooking
activities*

Ages: 7+ yrs

All Abilities

905-326-9616

Longo's 9306 Bathurst ST.
Vaughan

Tina Gasee - tgasee@hotmail.com

<http://www.dsat.ca/45-activities/181-kitchen-talk>



Various Locations: York Region

Rec Respite: Cooking Club

In the kitchen, we will not only learn the essential ingredients for making diverse meals (gluten-free, vegan, multicultural, etc.), but also the essential ingredients for empathy. We will explore diverse recipes and celebrate cooperation, independence, and making safe, healthy choices in the kitchen

Ages: All Ages

All Abilities

905-813-0336

Various

info@recrespite.com

<https://recrespite.com>

PC Cooking School: Children's Classes

Our cooking schools are committed to providing a valuable learning experience to the community's children within a fun environment. Our talented instructors can customize wonderful hands-on cooking classes to meet the specific needs of your group, including schools and groups such as Guides, Brownies, Sparks, Beavers, Scouts and more. Children will have fun and learn a useful life skill as they create a healthy meal and enjoy the fruits of their labour. Contact your local Loblaws/Zehrs/Real Canadian Superstore

Ages: 2+ yrs

All Abilities

https://www.pccookingschool.ca/LCLOnline/cookingSchool_landing.jsp



Barrie

**City of Barrie – Adapt-
A_Chef**

Ages: 13-19 yrs

All Abilities

705-739-4220 x 5789

Holly Community Centre

Recreation Programmer - Inclusion Services

https://ca.apm.activecommunities.com/barrie/Activity_Search?IsAdvanced=False&ddlSortBy=Activity+name&ActivityCategoryID=43&DaysOfWeek=0000000&SearchFor=2&SearchLevelID=2&NumberOfItemsPerPage=20&IsSearch=true

Alliston

**Gibson School of the Arts:
Jr. Chef Program**

Ages: 6+ yrs

All Abilities

705-435-2828 x 31

63 Tupper St. W. Alliston

Program Director - Heather Taws -
info@gibsoncentre.com

<https://gibsoncentre.com>



Various Locations: Simcoe County

Rec Respite: Cooking Club

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Ages: All Ages

All Abilities

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Various

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Ages: 2+ yrs

All Abilities

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