

# EXPLORE THE CULINARY FIELD AT THE FOOD BANK OF DELAWARE!



**CLASS DATES:**  
Monday-Thursday  
9:00 a.m. - 1:30 p.m.  
1st session: 6/14 - 7/9  
2nd session: 7/12 - 8/6

**QUALIFICATIONS:**  
Students 16-21  
years old with  
a documented  
disability

**CONTACT:**  
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## APPLY TODAY FOR FREE TRAINING!

### WHAT TO EXPECT:

- Introduction to kitchen safety
- Knife identification
- Chef coats and hat provided
- Hands-on cooking experience in small group
- ServSafe® Food Handler Certificate
- Learn cleaning and sanitizing methods
- \$tand By Me Financial Coaching
- Life skills to prepare for the kitchen and employment

**Apply:**  
[www.fbd.org/preETS](http://www.fbd.org/preETS)