Food for Thought Program: Learning skills to help your future grow

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Objectives:

Identify and emphasize attitudes that enhance the opportunities for persons with DD to achieve their optimal potential.

Develop strategies to promote community inclusion in meeting the needs of persons with developmental disabilities.

Notes:
Food for Thought
is a program designed by a registered dietitian, teachers, and transition coordinators to create a dynamic, hands-on learning program for transitional and non-traditional students.

Food for Thought
is a program of
Pioneer Resources
1145 E. Wesley Ave.
Muskegon, MI 49442
Phone: 231-773-5355
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What is Food for Thought?

- Student driven, hands-on approach to learning
- Regular, diverse field trips create community awareness and explore local opportunities
- Training of National Restaurant Association’s ServSafe and testing is included in the class
- Curriculum includes literacy, math and science concepts

Teaching is fun, energetic and a direct reflection of the students’ interests and learning styles.

Being creative and repurposing recycled material into art is a favorite student activity….

…..so is taking care of our classroom pets; 750 composting worms!

Notable Notes

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**Teaching Sustainability**

Students begin the school year working at an urban farm. Planting, weeding, harvesting, sorting and packaging are among the many jobs they learn as well as preparing the garden for winter.

Students range from first time in the dirt to experienced gardeners. Regardless of past experience, we all learn new jobs, see new foods and meet new farmers.

We are helping to grow fresh produce in Muskegon. We have harvested and sampled tomatoes, peppers, melons, root vegetables, kale, lettuce and herbs.

**Teaching Independent and Vocational Skills**

Independent personal, vocational and future goals are updated regularly. Daily time cards simulate job reliability.

Basic nutrition is taught and practiced throughout the year.

Sidework jobs are assigned and rotated weekly to teach job skills, cleanliness and to promote teamwork.

Helping a local senior facility create a backyard sensory garden promotes social interaction, job skills and volunteer opportunities.

**Teaching Kitchen Skills:**

Preperation, Cooking...and Eating!

Students are trained in knife safety, personal and professional hygiene and proper cooking techniques.

Instructors teach cooking skills, nutrition and budgeting to promote health and independency.

As students get more practice, they pick their own recipes as a team to prepare meals while instructors take a back seat.