

Hi everyone,

First off, we want to extend our thankfulness and appreciation for the opportunity to serve and teach our teens nutrition and cooking skills thru the generous grant you provided Second Story.

Our classes are Tuesday nights, some nights learning to serve, other nights prepping, and special programs bi-monthly with speakers and professional chefs/bakers.

One of our volunteers, Joyce Mansfield, has been teaching basic baking, like homemade biscuits, Christmas cookies and now we are planning bread and bakery items. In early April, we will incorporate their skills into our upcoming 'Girls night' by providing some gummy, comfort type foods, pampering the girls who attend, as we also enjoy massages, facials, free goodies, etc. This is a special Thursday night event, and will follow in May with a 'Boys night'.

Coming up we have scheduled an afternoon of gluten free cooking with chef, Dawn Frank, from Our Pantry To Yours. Each participant will be attending this class with Dawn as she teaches them some healthy choices of gluten free meals for their families. They will then take home all the groceries needed to cook these entrees in their homes for their families. We are also able to enhance the needs for their home kitchens with donations and purchases of cooking pans, foods of all kinds, and baking dishes that they take home from our Second Story Teen Pantry.

As our teens learn the cooking techniques, they are also learning to serve their fellow peers, as Tuesdays our numbers have grown to a strong 70 to 80 teens per Tuesday. That is a lot of spaghetti pie, baked potatoes, chicken and dressing, homemade bisquits and gravy, etc. These meals are always prepared and cooked in our kitchen at the center, and served all evening long. Timing, prepping and left overs are also being taught thru the program. Not so much the left overs — we have the amounts of food pretty close usually. Our Friday nights we serve the same types of meals, pizza burgers, cheese potato and ham casseroles, soups, and tator tot casseroles to name some of their favorites. We have a strong 100 teens on Friday nights, so that night we only pull the teens in the program for serving, in order for the kitchen to stay efficient. I have a safe food handling certificate

For our kitchen, so the principles of my education helps the ease of teaching the teens also. If any show interest as they grown older, the opportunity to attend that class is extended for them too, with SS covering that cost thru this grant also.

This program is an ongoing program, designed to pull in 10 to 15 students, male and female, rotating in as their schedules allow, due to sports, band practices,

etc., so some events are more attended than others. Our regulars average about 6 weekly, and we always invite new interested teens to join us anytime. Taking home the ingredients to cook for their families has been the most enjoyable

reward, as they send us pictures of their finished entrees at home! What parent wouldn't love to be served a little bit from their teen. I'm sure that is quite uncommon these days. Thank you for helping us extend the program to the

working parents of these teens. That's one of the biggest goals of SS as we strive to mentor the teens to think of others, work harder, and enjoy the satisfaction of helping their families. We have an amazing community of volunteers and

hearts for helping others. Thank you!! Dana VanAuvre @ Second Story Teen Center