



# CHNCT FOUNDATION NEWS

APRIL 2018



## Meet Onika, Quincy, and Brooklyn!

Onika is advocating for Cooking Matters Connecticut as a parent because she was able to bring her son, who is autistic, and her 8-year old daughter to our Cooking Matters for Parents class. Onika mentioned that the class allowed them to carve out a specific time for family each week and help them work as team. She encourages others who have family members with autism to participate.

Onika's son Quincy, 20, says he enjoyed the class a lot. He participated in showing safety behavior by putting on the oven mitt when cooking meals and he was able to cut, sort, and clean many of the food for

the classes on his own. She also notes the classes were able to enhance Quincy's social skills by cooking with his family and other students. He was able to read the ingredients out loud to help cook with his mom and sister. Quincy has since been cooking more at home and helps his mother choose meals for the week.

Brooklyn, 8, learned how to read food labels and is now able to help her mother when she goes grocery shopping to compare which foods have the most sugar, are whole grains, and have a good amount of fiber.

Here's one of their favorite  
Cooking Matters recipes:  
[Baked Flaked Chicken](#)



### **Changes to CHNCT Foundation, Inc. Board of Directors**

The Community Health Network of Connecticut Foundation, Inc. announces the following changes to membership on its Board of Directors: the election of new board members Ronald E. Coursey; Ronald Rozett; and Amanda Skinner; and the resignation of Marta Elisa Moret, MPH.

We are excited about these new additions to our team here at CHNCT Foundation, Inc. Join us in welcoming them aboard!

Read the bios of our new board members [here](#).



### **KHAIR Alumni are Still on The Road to Success!**

We gathered with five of our KHAIR alumni in November. They mentioned they remember some of



### **Cooking Matters Takes on Middle School!**

Cooking Matters for Kids recently reached a group of 6th graders in Middletown, CT taught by class

the interview tips such as giving a firm handshake, doing research about the company before meeting, and presenting with a smile.

We look forward to having our alumni speak to our spring 2018 class that began March 10th. We hope to have these students engaged as positive role models and mentors to our current group of teens.

Interested in playing a positive role in the lives of teens in our community?

[Volunteer Today!](#)

manager Kim Labbe. They prepared meals and discussed what they learned from each class with us.

Cooking Matters Connecticut has been traveling throughout the state to make a difference in our communities. Stay tuned for the great footage we have been able to capture of our dedicated participants from each session.

Are you interested in teaching nutrition in our communities?

[Send us an email](#)

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