

## In Their Own Words...

Below you will find quotes from participants in our Home Alone Cooking Series Program.

“I wanted to cook because later in life I won’t have to depend on anyone else. I learned how to make different foods like lasagna. My favorite dishes are pizza, tacos, hamburgers, and fries.”

- *Chalise Chisholm, age 16*

“The cooking class taught me a lot about cooking, how to shop for healthy foods, and how to read and follow menus. It also taught me that cooking is fun!”

- *Jason Simon, age 19*

“The meals we made were very good. I really like the meals. I can cook now so I won’t have to go hungry.”

- *Macio Jones, age 11*

“It is important to learn to cook so that if you are by yourself, you can at least feed yourself. I like cooking pastries and Chinese foods.”

- *Dana Turner, age 19*



## About EOYDC.....

Founded in 1973, the East Oakland Youth Development Center (EOYDC) is a community-based 501(c)(3) nonprofit agency dedicated to developing our children and youth into healthy, self-supporting and aware citizens and adults. Since 1978 the Center's **FREE** comprehensive programs have been coordinated to meet our clients' emotional, physical, intellectual, and economic needs. The Center is open Monday through Friday and is located in the Elmhurst District of East Oakland. While our primary focus are the residents of the East Oakland community, all youth and their families are welcome to participate in the services offered at the EOYDC.

EOYDC offers programs in the following areas:

### Art

Photography  
Ceramics  
Painting  
Dance Class  
Music Class

### Project J.O.Y. (Job Opportunities for Youth)

Job Training  
G.E.D. Prep Class  
Homework Center  
Pathway-to-College Program  
Summer Cultural Enrichment Program

### Physical Development

Track  
10 & Under Basketball League  
Black College League  
Invitational Tournaments  
Adult Fitness  
Rowing  
Karate Class  
Mountaineering Courses



## HOME ALONE COOKING SERIES



### For More Information:

Phone: (510) 569-8088 Fax (510) 632-6942

# About the Home Alone Cooking Series

The East Oakland Youth Development Center started its Home Alone Cooking Series in 1995 to teach nutrition and culinary basics. Participants learn the importance of nutrition, safety, and being a team player, as well as the development of independence and life skills through preparing healthy and nutritious meals. Emphasis is not only on food preparation, produce selection, and table preparation, but on safety, health, and career opportunities as well.

Participants are taken on field trips to restaurants, markets, and culinary schools in the area, and guest chefs often come in to conduct special workshops. This gives participants a well rounded view of the cooking profession as it relates to job vocation and basic nutritional information.

## In the Kitchen



## Our Work



Herb Crusted Chicken, Rosemary Potatoes, String Beans, and Bread



Fruit Kabobs



Strawberry Shortcake



## Class Schedule

Wednesdays and Fridays  
4:00pm—6:00pm

Ages 10-21