



## *Matthew learns to cook through quarantine.*



Matthew was enjoying his time in the Bakery department of Albertsons, counting out and sheeting cookies to be baked and putting them in their individual containers. Upon completion of his Community Based Assessment, that helps Transition students in the School To Work program explore job opportunities and skills, Ganelle was hoping to get Matthew a job doing line and prep work at a local pizza restaurant.

Then COVID hit and Matthew was forced to quarantine at home. Ganelle, Matthew's job coach, stayed connected with him, where he's living at home with his parents, and got creative exploring ways they could continue to expand on the skills he was enjoying in the cooking/restaurant industry. He was really excited at the opportunity to work at the pizza restaurant so Ganelle encouraged Matthew to try cooking a pizza at home for the first time. She helped him create a list of ingredients and found an online video that gave step by step instructions on how to bake it at home.

"He did it all himself and was really proud of it," says Ganelle. Matthew was excited for the next cooking challenge and decided he wanted to try to bake cookies. He found a recipe he liked and Ganelle helped him with the ingredients again and found online videos on how to bake cookies. She said he did it primarily on his own, just got Dad's help with the oven.

Then Matthew decided he wanted to bake an apple pie. Matthew found a recipe he liked and Ganelle again helped him with the ingredients list and finding online videos. "He even peeled the apples on his own," she said. Ganelle shared how she got a text message from Matthew that showed a piece of his pie with a scoop of vanilla ice cream on it that he was having for dessert.

Moving forward they plan to focus on finding Matthew a paid job at a restaurant when he graduates from the 18-21 program. He's wanting to learn to cook, and so far with the help of Ganelle, he's been able to learn new skills while at home. We can't wait to see what's he's cooking up next!

If you'd like more information about career exploration, Community Based Assessment, or how Sherwood can help transition into the workforce, call 425-334-4071 or visit [www.sherwoodcs.org/vocational-services](http://www.sherwoodcs.org/vocational-services).

