Mission BEAM

(Blindness Empowerment, Advocacy, & Mentoring)

is proud to present

Confidence in the Kitchen

Mission BEAM is a program for transition age youth (ages 14-21) sponsored by the National Federation of the Blind of Missouri. “Confidence in the Kitchen” is an interactive workshop for students with varying cooking experiences. During the workshop participants will have the opportunity to; learn about and explore various ways to plan and prepare for cooking and to make a meal followed by the fun part, eating what they cooked!

**Who should attend?** Any blind/visually impaired student who is between the ages of 14 and 21 and is enrolled in an education program.

**How much will it cost?** The workshop is $250.00, this includes materials, resources, snacks, and lunch.

**When is it?** This 1-day workshop will be on Saturday November 04, 2023 from 10:00 AM - 4:00 PM.

**Where will it be held? Lighthouse for the Blind 10440 Trenton Ave. St. Louis, MO 63132**

**Do I need to bring anything?** Students should bring a device which can access materials on a flash drive and some way to take notes (laptop, braille notetaker, pen& paper, etc. ) and wear clothes that can get a little messed up.

**What do I need to do to attend?** To reserve your spot please complete the registration form at: NFBMO.org/BEAM by October 22, 2023

If you have questions, please contact the program coordinator, Jenny Carmack at 314-239-9776 or jcarmack@nfbmo.org