



Creating Enviable Lives for People with
Developmental Disabilities.

Cooking Classes

Chef Russell “Buck” Reed volunteers to teach a cooking class through The Arc of Frederick County. His classes are individually designed, based on what students would like to learn. He teaches basic cooking skills and students learn how to work together as they prepare large feasts.

Everyone has different goals as to what they would like to accomplish from the cooking class and Chef Buck spends lots of time talking to the students to see how they feel about the class and what they are learning from it.

Classes are open to up to six participants per session.

For more information contact:

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The Arc is a member of
The United Way of
Frederick County

