



SKILLS FOR LIFE

Age
(13 to 25)
year old



PROGRAM

Skills for Life is a specialty workshop that incorporates financial education into real life experiences of grocery shopping, meal preparation and healthy eating. This program will teach participants how to buy the things they need, how to budget for their basic needs, how to take care of their personal wellbeing including proper nutrition and how to make responsible choices. Participants will embark on a community field trip to practice essential and transferable life skills!

TOPICS

- **Meal Planning and Preparation:** Youth explore creating a grocery list, using a budget and finding recipes that are nutritious and delicious. Youth will also learn tips and tricks for preparing meals to save time and money.
- **Healthy Eating on a Budget:** Youth learn how to use less expensive ingredients to make recipes, how to get creative with leftovers and how to select nutritious foods that are budget friendly.
- **Kitchen Skills:** Youth learn knife skills, cooking techniques, food and kitchen safety. Youth will walk away with a handy toolkit of basic cooking skills.
- **Budget-Friendly Shopping:** Youth learning how to shop at different types of stores (e.g., discount, bulk, etc.), how to decide what kinds of food to buy based on their preferences and how to compare prices to get the best deals

Our Skills for Life program allow youth to practice essential skills such as:

- Collaboration
- Communication
- Problem solving
- Adaptability
- Creativity
- Numeracy

Any youth registered will receive a chance to win a \$25 gift card upon completion of the program.

visit our website: <https://thedollardetectives.com/youth-program/>

Thank-you!

TDD