

Palm Beach School for Autism

2025 Grant Report

The second phase of the Recipes for Success program has been an incredible continuation of the partnership between Palm Beach School for Autism and Extraordinary Charities. Thanks to the generous support from Wycliffe Charities, 23 of our young adult students, ages 18–22, were able to participate in this 10-week culinary training and life skills program.

Students attended weekly classes led by a professional chef and kitchen assistant, where they expanded their culinary knowledge beyond basic food preparation. In this phase, participants learned about nutrition, grocery shopping, budgeting, and healthy ingredient selection. They practiced kitchen safety, identifying expired foods, handling knives properly, and using stoves and ovens safely. They reported that they gained a deeper understanding of how to plan and prepare balanced meals.

The impact has been remarkable. Our students developed greater independence and confidence, and many began cooking more at home and helping their families with meal planning. They were introduced to vegetables by learning to season them. The combination of hands-on instruction and real-world application reinforced culinary techniques critical life skills that promote self-sufficiency. Several participants have expressed a desire to continue advancing their culinary education or pursue employment in the food service industry.

We are so grateful to Wycliffe Charities for helping make this opportunity possible. The continued success of Recipes for Success demonstrates the tremendous potential of our students when they are given access to meaningful, skills-based training and community support.