



Cooking

Cooking is an instrumental daily living skill that Soldiers need to learn as a part of their transition. Many Soldiers have not had the opportunity to plan and prepare balanced, nutritious meals. Cooking involves planning, time management, multi-tasking, direction following, safety, budgeting and activity tolerance. The Adaptive Reconditioning Physical Therapist / Occupational Therapist will screen each Soldier for participation in cooking.

Resources are provided by:

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Soldier and Family Assistance Center (SFAC)

Equipment/resources provided:

- Varies by location.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources Soldier brings:

- Willingness to learn and socialize
- Recipes (if desired)
- Food for prep (if determined by AR team)
- *Costs may be associated with purchase of food

Location(s):

- SFAC kitchen
- USO kitchen
- Commissary (for food shopping)