



Special Olympics UAE Cooking Club 2025
(Inclusion Dept)

Dear Parents,

Greetings from The Apple International Community School.

We are delighted to share that the **Special Olympics UAE Cooking Club 2025** is returning this **October**, following the overwhelming success of previous editions. This wonderful program is specially designed for **People of Determination and their caregivers** through fun, engaging, and hands-on cooking sessions that not only build **life skills** but also promote **confidence, independence, and community connection**. It's more than just cooking – it's about creating memories as a family.

Program Highlights:

- **5 Interactive Virtual Cook-Along Sessions** – available in **English and Arabic**.
- **Simple, healthy, and tasty recipes** that everyone can enjoy.
- A supportive and inclusive environment that builds knowledge and confidence.
- **Live Cook along Finale & Graduation Celebration** with professional chefs.
- Practical introduction to **nutrition, kitchen safety, and sustainable eating**.

Session Timings:

English Sessions	Every Wednesday, 4:00 PM – 5:30 PM (starting October 8)
Arabic Sessions	Every Thursday, 4:00 PM – 5:30 PM (starting October 9)

★ The best part – participation is **completely free of charge**, thanks to the support of **Interact** and **Fresh Food Partner, Spinneys**.

We warmly encourage families to register and enjoy this unique opportunity to **learn, cook, and grow together**. Spaces are limited, so don't miss out!

[Registration Link](#)

Let's make cooking a fun family journey this October!
"Cook Together, Learn Together, Grow Together!"

Warm regards,

Pretty Khosla

Pretty Khosla
Principal