

Food & Cooking Clubs

All groups are led by STAR Institute Feeding Therapists who are trained in the SOS Approach to Feeding and who are passionate about food and cooking! Eaters with sensory challenges, picky/selective eaters as well as kids who just love to learn new things – are encouraged and welcome to join!

Food Scientist Club

For children ages 8-14

STAR's Food Scientist Club is perfect for kids who like to think about and question how things work! Each week the Food Scientist Club conducts different food experiments to learn about the properties of foods. Food Scientists practice fixing, tweaking, and problem solving to create the perfect food. Kids will expand their understanding of food while having fun with peers. Who said not to play with your food?!

Upcoming Group Sessions

Winter Session: January 19 - March 2
Thursdays | 4:15pm to 5:45pm

Fall Session: October 4 - November 15
Thursdays | 4:15pm to 5:45pm

Cost: \$900 for 7 sessions
with two STAR Feeding Therapists

[SIGN UP AT BIT.LY/FOODCOOKINGCLUBS](https://bit.ly/FOODCOOKINGCLUBS)



REGISTER NOW

Eating requires us to use all 8 of our senses?

DID YOU KNOW?

For children with feeding or sensory challenges, this can make mealtimes feel especially tricky. Cooking and other fun food activities can be a wonderful opportunity to learn about new foods in an engaging environment while spending time with parents and/or peers. Often when children have the opportunity to learn and cook their own foods, it can make it feel a little less scary to interact with and try them too! Our food and cooking clubs encourage socialization between peers and will support those who may have feeding or sensory challenges. Children of all ability levels are encouraged to join us as we have fun together in the kitchen!



Who We Are

The Feeding Team at STAR sees clients of all ages – from infancy into adulthood who have developmental feeding challenges. We work with individuals and families to identify what is interfering with their eating and how to best improve growth and interactions with food.

Contact Us

For more information or questions about our Feeding Therapy and Programs, contact our Feeding Team at 303-221-7827 or rachel.balderrama@sensoryhealth.org

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STAR Institute