



CareerAbility Café & Training Program
powered by Edibolic

PURPOSE:
Why this
Partnership?

CareerAbility's Role: Meaningful employment encompasses key elements and creates purpose in an individual's life ...

CareerAbility's Role

To create a nationally recognized model that will result in a process to procure meaningful employment for individuals with developmental disabilities

KEY ELEMENTS OF MEANINGFUL WORK

- Meaningful employment is predicated upon an individual's **abilities and interests**.
- Employment placement should contribute to the individual's **quality of life**.
- Employment placement allows each individual to earn a **competitive wage** for their work.
- Determining placement effectively requires that an individual is given both **opportunity and choice** as they enter the world of employment.



As the pandemic struck and the world started to shut down, CHSC's Wellness Director, Ryan McEachern, knew it was important to keep our community healthy, happy and safe. One key challenge was to find a way to provide our community access to nutritious & delicious meals when access to the grocery stores was limited. In July 2020, he reached out to Edibolic Kitchen and they worked together to find a way to have nutritious and delicious meals delivered safely to campus.

What started as 50-60 meals per week quickly grew to about 300 meals per week! It remains at this amount ~ or higher ~ each week! This is because the families, staff, and individuals love the fact that their favorite meals are made in a healthier and balanced way, while the weekly specials keep things fresh and interesting. Individuals do not only love the taste, but these meals help them function on a day to day basis. There is something great for each meal of the day that includes optimal calories for energy and weight management, protein from quality sources, vitamins & minerals from fresh veggies, and healthy carbs loaded with fiber. There are even KETO-friendly options for those that have dietary restrictions. Individuals on these plans have been able to get control of their weight, have access to quality foods when cooking isn't an option, and also develop better eating habits. A few students even lost 15+lbs when paired with our 1:1 training and group exercise classes.

This partnership plans to extend way past the pandemic as eating enough of the right foods is essential to fueling the success of our individuals on campus and in the community.

For this reason, it made sense to approach Edibolic Kitchen to ask for their help with our Café training program and food service operation.



Photo: Ryan McEachern, Wellness Director with the Edibolic Kitchen weekly meal delivery in Café Connections



Edibolic Kitchen is a Gourmet Health Food Company that provides specialty catering for the health conscious individual. They prepare & provide nutritious meals based on metabolic dietary needs and food preferences. The food they provide keeps customers feeling energetic, satisfied and in shape.

Edibolic Kitchen operates throughout CT, covering 60 towns in CT. Learn more about them here:

<https://www.wtnh.com/ct-style/in-the-kitchen/in-the-kitchen-edibolic-kitchen-makes-healthy-dinner-items/>

https://www.branfordseven.com/business/local-entrepreneur-takes-aim-at-healthy-eating/article_4d76e58c-ae43-11e5-a5a0-ffb118d1d8cd.html



Josh Wechsler Owner/Executive Chef

Josh Wechsler founded Edibolic Kitchen in 2012 after he saw a need to bring healthy food and nutrition to anyone trying to be fit. He graduated from the internationally recognized culinary school of Johnson & Wales, with a Bachelor of Science degree in Culinary Nutrition and an associate's degree in Culinary Arts.

Josh found his passion in the kitchen at the age of 16 when he realized that he needed to lose weight. His experimenting in the kitchen allowed him to discover healthy alternatives to the usual high fat, sugary, and processed foods.

Josh's goal is to help individuals and families to achieve their weight and nutrition goals by providing healthy meals, without sacrificing taste





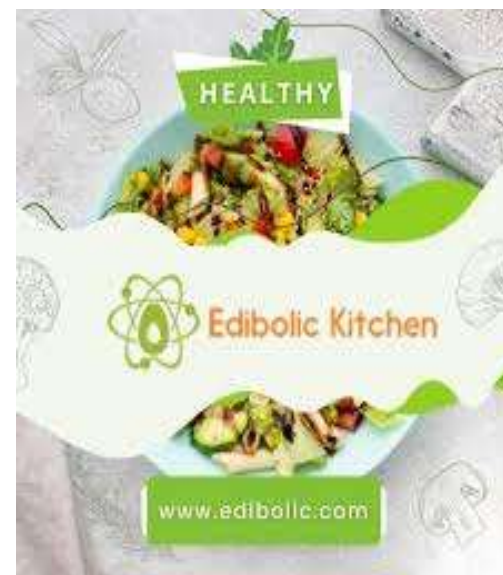
Tarin Perry On-Site Kitchen Manager



Tarin is a Veteran. She served in the United States Marine Corps. She grew up in West Haven, CT & attended Stratford University where she received her Associates of Applied Science in Health Sciences. She graduated with a 4.0 GPA, Dean's List, President's List, and Magna Cum Laude.

Tarin attended Conncat to pursue her Culinary dreams and graduated with a 4.0 GPA and on the President's List. She completed her externship with the prestigious Forks and Fingers Catering Company. Her passion is working within geriatrics.

She will be the On-Site Kitchen Manager with Edibolic Kitchen working at Chapel Haven.

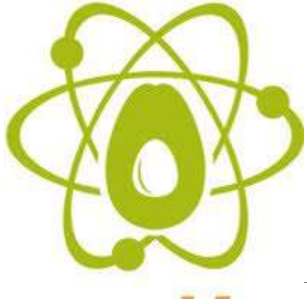


Café & Training Program



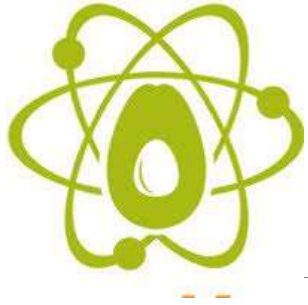
Edibolic Kitchen - Responsibilities

- **With support provided by CareerAbility employees, Edibolics will provide employment and training opportunities to CHSC adults. Together we will assist in their achieving agreed upon goals within integrated work opportunities on/off campus to inform a future job placement.**
- **The goals of this training program include:**
 - **To provide industry specific and interest related work experiences;**
 - **To demonstrate commitment to the workplace expectations of employers;**
 - **To build upon skills sets, complete training items, or attain certifications;**
 - **To offer opportunities for skill building, work experience, and permanent employment.**



Edibolic Kitchen - Responsibilities

- **Cafés**
- Provide consistent operation of (2) Cafes. Hire a Manager to oversee these areas (Tarin Perry).
 - Support the employment and training of no less that (3) Café Employees: Rich, Josh, Dan.
 - **Chaps Bistro:** This NEW Bistro will open on August 3 and includes seating for up to 20-25 customers. It will serve as a fully operational on-campus restaurant. Open from 9 am – 2 pm, but the intended hours are from 7:30 am to 7:00 pm .
 - **Café Connections:** This café is located in the SAIL building. *It will re-open in near future once we install our NEW frozen yogurt machine!*
- It is our hope that the intended operating hours will be in full effect by January 18, 2022, *or at a minimum, a quarterly calendar of weeknight and weekend events for socialization and dining are planned and offered.*



Edibolic Kitchen - Responsibilities

Café, continued:

- Continue to offer grab & go wellness meals.
- Offer on campus catering to staff and individuals for special events & meetings.

Training Program:

Work with CareerAbility staff assigned to project on lessons and programming. Edibolics shall collaborate with CareerAbility staff to provide training, reinforce workplace rules, and to offer direction, feedback, and evaluation to employees, interns, and volunteers during hands-on café experiences.

Operations:

- Edibolic Kitchen will assist CHSC in upholding standards for related to public health, nutrition, and meeting the wellness needs of all customers.
- Support the ServSafe needs of facility, students, & staff.

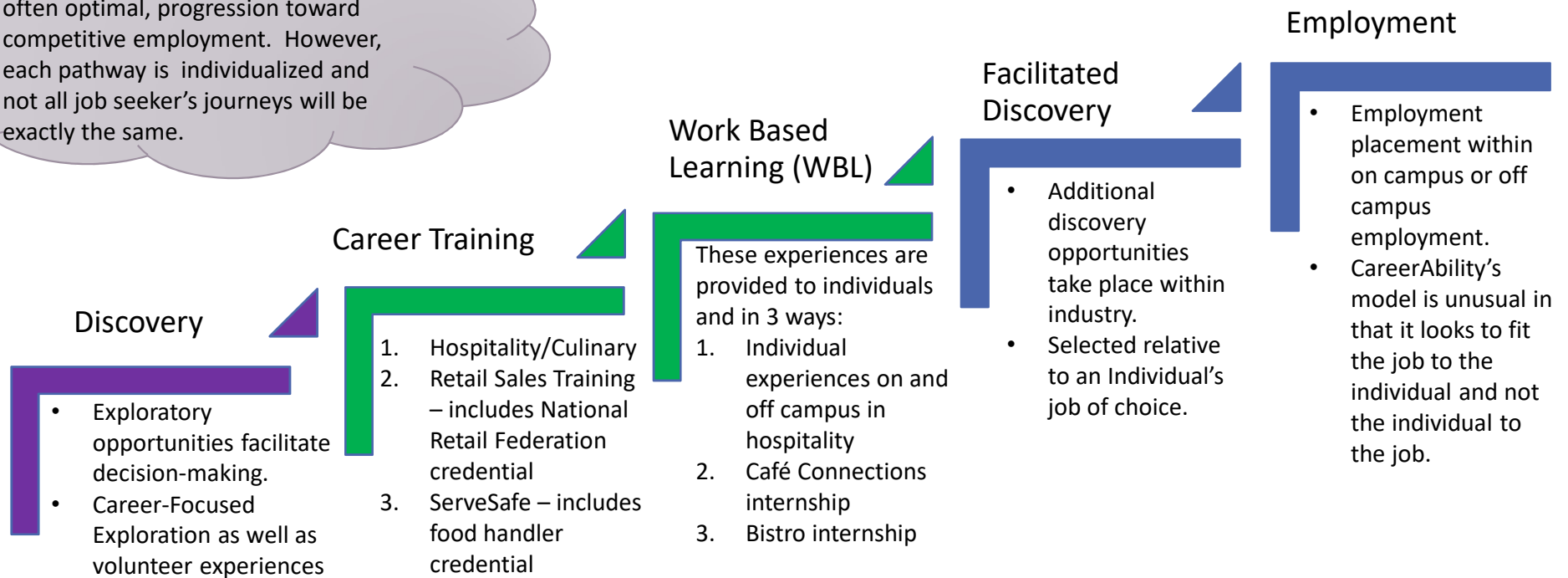


CareerAbility - Responsibilities

- **CareerAbility will provide a Work-Based Learning & Training Manager for planning and implementation efforts and to measure progress.**
- **CareerAbility will provide a Work-Based Learning Specialist to coordinate/teach/job coach during the training day.**
- **We will work with students & employees throughout café to identify work opportunities for individuals, perform job analyses, and support their personal and career development.**

This partnership will provide a variety of work experiences that create effective Pathways to Employment

Note: These steps represent a typical, often optimal, progression toward competitive employment. However, each pathway is individualized and not all job seeker's journeys will be exactly the same.





CareerAbility - Responsibilities

- **We will assist Edibolic Kitchen in any way necessary to facilitate success of the cafes and its employees and interns/volunteers, including training to Edibolic staff.**
- **CareerAbility will help develop curriculum and instructional materials that encompass employability skills, functional academics, transition, job development, and job readiness.**
- **Assist in development of work tasks, and coordinate and monitor career related activities in collaboration with Edibolic Kitchen.**
- **We will assist Edibolic Kitchen in any way necessary to facilitate success of the cafes and its employees and interns/volunteers, including training to Edibolic staff.**

Plans

- **Grand Opening of Chaps Café on August 3rd**
 - **Staff Training & Program Development**
 - **Menu Survey – Broaden Café offerings – including meal events, hot food, and frozen yogurt!**
 - **Support (3) Employees in this transition, as well as (3) volunteer trainees.**
 - **Open up catering opportunities to staff, students, and families in the Fall.**
 - **Grand-Re-opening of Café Connections in the Fall – we will have Frozen Yogurt & Smoothies!**
- **Review success & needs of program in December 2021.**
- **January 2022**
 - **Begin to serve dinner & host weekend meals.**
 - **On-board employees.**

Contact us:

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