



Culinary master classes and support: how Oleina helps the wards of the Children of Heroes Foundation

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The project “Oleina for Children. Cooking with Love”, created in cooperation with the [Children of Heroes Charitable Foundation](#), continues. Cooperation with the foundation involves several areas at once: a monthly transfer to the Charity Fund to meet the urgent needs of its wards and a series of master classes with professional chefs.

For example, in May, the charitable donation from the Oleina brand was used to pay for additional classes for children to study English in depth at professional courses or with tutors. 179 children were able to attend series of English classes. And the charitable payment for June was used for the emergency needs of children. Thanks to this assistance, 79 children were able to receive food, necessary clothing and footwear, and hygiene products. The foundation plans to spend the July donation on purchasing laptops and tablets so that children can study remotely.

Also, during the summer, six master classes by professional chefs for the foundation’s wards were held in [the Miele kitchen \(Kyiv\)](#). The first master class was held on June 1 with [Olga Ryabenko](#), and the next five were held with professional chef [Dmytro Radchenko](#) with the support of a professional psychologist. The children plunged into a culinary journey around the world, preparing modern street-food dishes: Italian grissini, focaccia and mascarpone and fruit cake, lemonade; Asian noodles with turkey and vegetables, assorted kebabs and fortune cookies; American burger with chicken, coleslaw and mojito salad, Japanese sushi and ramen soup with chicken, and many other dishes.

The format of the master classes involves attention to the personality of each child. Valeriia, a professional psychologist who supports children in the process of cooking and communication, believes that participation in the project has a therapeutic effect.

“The most important thing for teenagers in the group is an atmosphere of trust, support, and acceptance. - **Valeria notes and adds:** “That’s why we try to create a safe and comfortable space for children in our workshops. The very process of cooking something new not only adds to the experience of teenagers, but is also a way of self-discovery, self-expression, development and a way to harmonize their own personality”.

According to parents, participation in cooking classes helps their children: “My son has never dreamed of associating his future profession with cooking; at home, he usually cooks the simplest breakfasts like scrambled eggs. The master classes made him realize that cooking is a separate art form, a whole culture that is fascinating at every stage. He learned the secrets of combining flavors, gained experience

in communicating with new people and new positive emotions, worked in a professional kitchen alongside masters who inspire by their own example,” **says Tetiana, mother of 17-year-old Yegor, a participant in all the workshops.** The boy himself says that the workshops inspire him to experiment with everyday dishes.