

Union County Career Exploration & Job Readiness Program

Mutazz Maxwell Authors Cook Book

About the Author

As a teenager growing up in Union County, NJ, Mutazz Maxwell has seen what cancer and other diseases can do to a person and their family members. He personally experienced his mom's fight with cancer. Mutazz and his dad's emotions ranged from sadness to anger, and he dealt with his anger through cooking.

Mutazz cooked some of these recipes while dealing with his mother's fight with cancer, and he wrote this book to help young people get access to food and be healthy. Mutazz believes eating healthy can help you live longer and be more energized.

Mutazz is a student at Jonathan Dayton High School. In his spare time he likes to go to the gym and play football. He participates in the Union County Career Exploration and Job Readiness Program (CEJR) and is ServSafe Certified in food handling by the National Restaurant Association.



Author Mutazz Maxwell (In the picture above) with his ServSafe Certificate



From Left: Norman Francis, Principal; Mutazz Maxwell; Ron Slate, Assistant Principal

