

## **Laporsha Cain-McCray**

Laporsha Cain-McCray is a native of High Point NC. She attended Guilford County public schools, where one of her favorite electives was home economics and Culinary Arts in High School. Her passion has always been cooking, but she initially went down a different path professionally. After years of working in the health care and customer service industries. LaPorsha decided that it was time to pursue her passion in Culinary Arts, and she went on to attend The Virginia College of Culinary Arts School and Auguste Escoffier Culinary Arts where she received a degree in Culinary and Pastry Arts.

Following graduation, LaPorsha learned that the Guilford County school system no longer offered Home Economics or any cooking programs for the youth. Knowing how impactful these courses and programs were to her, she thought it would be the perfect opportunity to organize a program that would help the youth develop life skills, challenge them to be creative, enhance their learning abilities in school, and ultimately help build confidence in a fun environment. Out of this community need, My Little Taste Buds was born, and the inaugural class was held in July of 2019. Since its inception, My Little Taste Buds has grown not only in participation, but we have also been able to partner with several local organizations such as AMI and Oakview where the kids learn to work in commercial kitchen spaces.

In addition to her work with My Little Taste Buds, LaPorsha has worked as an Assistant Pastry Chef at High Point University Catering, as well as catering for her home church, Divine Healing and Restoration Ministries, and also as the Head Chef at SOP Disciples of Joy Childcare. LaPorsha has also helped build community gardens for local organizations in High Point, NC, and has personally funded and catered dinner for the unhoused communities during the holiday season in the

greater Greensboro-High Point area including making sure every child receives a Christmas gift.

LaPorsha's favorite Quote is, "If you give a man a fish you feed him for a day, but if you teach a man to fish you feed him for a lifetime." She glorifies and thanks God for allowing her to fulfill her purpose of spreading love and joy through cooking.