



Tuesdays & Fridays
9.00am - 3.00pm



1A Clarke Road, Waitara



\$5/session
+ NDIS funding

This program focuses on developing the general cooking skills needed to build independence and confidence in planning and preparing meals.

Clients are coached through the individual steps from identifying suitable recipes, cooking, clean up and implementation of basic food safety control measures. At the end of each cooking session clients will enjoy the meal they have prepared together.

SHOPPING & COOKING

DEVELOP YOUR SHOPPING,
BUDGETING & COOKING SKILLS

Program code: SC01



Topics & Outcomes:

SHOPPING

BUDGETING & MONEY SKILLS

MAKING HEALTHY CHOICES

FOOD PREPARATION

KITCHEN SAFETY

HYGIENE

UNDERSTANDING A RECIPE

COOKING MEALS

COMMUNITY ACCESS

SOCIAL SKILLS

COME JOIN US

Disability Futures

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