



# Let's Cook for All Abilities

## A social and creative class designed for people with disabilities

Unlock your culinary potential with our new cooking course designed for adults with disabilities. Work with our wonderful trainer to make delicious dishes you can recreate at home such as sushi, pancakes with topping, salads, rice paper rolls and more!

From kitchen essentials to meal preparation, gain skills in food safety, and food hygiene. Each week get the chance to explore new foods and techniques in the kitchen.

Then at the end of each lesson stay and enjoy the dish you have created with the group!

All ingredients and equipment included.

**Contact us to discuss support needs and goals of the participant, as well as answer any questions you may have regarding the NDIS, payment and fees.**

### Dates

Fridays 9:30am - 12:00pm

**Join any time! Just contact us.**

### Cost

\$160 per term

*Contact us to book in for a free trial class!*

### Location

Domeney Recreation Centre

52 Knees Road, Park Orchards

### How to enrol

Phone: (03) 9876 4381

Email: [enrol@parkorchards.org.au](mailto:enrol@parkorchards.org.au)

[www.parkorchards.org.au](http://www.parkorchards.org.au)

