



Cooking for Life

Build capacity for independent living

Cooking for Life is a course of entry-level NDIS cooking classes for people with disabilities.

It's about building capacity and equipping people for independent living.

Run by experienced and caring support workers, Cooking for Life is a carefully structured set of lessons including:

- Following a recipe (easy to follow, illustrated recipes provided)
- Creating budget-friendly, nutritious main meals,

desserts and snacks

- Basic cooking principles—preparing ingredients etc
- Food safety—hygiene, handling and storage
- Safe handling of knives and other kitchen equipment

Cook for family, cook for friends!

And when you have completed the classes, you'll be able to invite family and friends to lunch or dinner!



What we bring

We provide you with all the equipment you'll need:

- food and ingredients
- cooking implements and kitchen equipment
- an easy to follow, step-by-step, illustrated recipe book
- personal protective equipment

What you bring

- comfortable closed-in shoes
- your water bottle
- your brightest smile



What you need to know

Fina's "Cooking for Life" program operates on a 1:2 ratio and runs for between 11 and 13 weeks, depending on public holidays.

Mondays—two sessions:

9am to 12 noon or 1pm to 4pm.

Class sizes limited to 8 participants per session.

- **Spring:** Sep 6 to Nov 29 (12-week course)
- **Summer:** Dec 6 to Feb 28 (11-week course)
- **Autumn:** March 7 to May 30 (13-week course)

Book your spot early.

Email Fina Donaldson – finaclub@fina.org.au
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Funding Options

Spring NDIS core:

04_165_0136_6_1 \$34.15 x 3hrs \$102.45 p/w

04_210_0125_6_1 \$300.00

Or: 09_009_0117_6_3 \$34.15 x 3 hrs \$102.45 p/w

09_008_0116_6_3 \$300.00

Total 12-week course \$1529.40

Summer NDIS core:

04_165_0136_6_1 \$34.15 x 3hrs \$102.45 p/w

04_210_0125_6_1 \$275

Or: 09_009_0117_6_3 \$34.15 x 3 hrs \$102.45 p/w

09_008_0116_6_3 \$275.00

Total 11-week course \$1401.95

Autumn NDIS core:

04_165_0136_6_1 \$34.15 x 3hrs \$102.45 p/w

04_210_0125_6_1 \$325.00

Or: 09_009_0117_6_3 \$34.15 x 3 hrs \$102.45 p/w

09_008_0116_6_3 \$325.00

Total 13-week course \$1656.85



A Community of Care

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