



# 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 acclaimed and internationally awarded Chef Michael Harris, 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 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 9am – 12pm & 12:30pm – 3:30pm  
(2 sessions)

Wednesdays 9am – 12pm & 12:30pm – 3:30pm  
(2 sessions)

Class sizes limited to 6 participants per session

- **Winter:** June 6 to Sept 2 (13 weeks)
- **Spring:** Sept 5 to Dec 2 (12 weeks)
- **Summer:** Dec 5 to Mar 3 (11 weeks)
- **Autumn:** Mar 6 to June 2 (11 weeks)

## Funding Information As per NDIS prices at July 2022

### Winter NDIS core:

04\_165\_0136\_6\_1 \$37.10 x 3hrs \$111.30 p/w

04\_210\_0125\_6\_1 \$390.00

**Total 13-week course \$1836.90**

### Spring NDIS core:

04\_165\_0136\_6\_1 \$37.10 x 3hrs \$111.30 p/w

04\_210\_0125\_6\_1 \$360.00

**Total 12-week course \$1695.60**

### Summer NDIS core:

04\_165\_0136\_6\_1 \$37.10 x 3hrs \$111.30 p/w

04\_210\_0125\_6\_1 \$330.00

**Total 11-week course \$1554.30**

### Autumn NDIS core:

04\_165\_0136\_6\_1 \$37.10 x 3hrs \$111.30 p/w

04\_210\_0125\_6\_1 \$330.00

**Total 11-week course \$1554.30**

## Book your spot early

Contact Fiona Donaldson:

[fiona.donaldson@fina.org.au](mailto:fiona.donaldson@fina.org.au) | 0481 944 177

[finaclub@fina.org.au](mailto:finaclub@fina.org.au) | 07 5428 0155



*A Community of Care*

30-54 Aquatic Centre Drive  
Burpengary  
Queensland 4505

PO Box 621  
Morayfield  
Queensland 4506

07 5428 0155  
[finaclub@fina.org.au](mailto:finaclub@fina.org.au)  
[fina.org.au](http://fina.org.au)