



<b>PROGRAM: Hearty and Healthy Cooking</b>	
<b>TIME: 11:00am – 2:00pm</b> <b>DAY: Friday</b> <b>FACILITATOR: Julie Bowler</b>	
<b>AIM:</b> Gaining confidence in food preparation. Take home a meal to feed the family or house mates, then enjoying cooking at home. Learning about healthy eating, trying different vegetables and foods. Knowledge in food safety. Gaining knowledge in cleaning and maintaining kitchen and equipment. Being confident enough to change recipe slightly if they choose to do so.	
<b>GOALS: (Relates to NDIA goals of clients)</b>	
<ul style="list-style-type: none"> <li>○ Independent living skills, cooking, cleaning and maintaining cooking equipment</li> <li>○ Gaining skills to be safe and confident in the kitchen cooking and cleaning to assist with independent living skills &amp; maintaining a clean home</li> <li>○ Working in a group with other clients, assisting to develop and maintain social skills sand friendships.</li> <li>○ All of the above are instrumental activities of daily living</li> </ul>	
<b>OUTCOMES:</b>	
<ul style="list-style-type: none"> <li>○ Gaining knowledge regarding hygiene and food preparation, including cleaning</li> <li>○ Having the confidence to try new foods and how to add more vegetables to the meal</li> <li>○ Learning about different foods, gaining confidence to try different foods</li> <li>○ Knowledge regarding the nutrition of different food, leaving skin on adds fibre, carrots contain vitamin A, etc, increasing knowledge in Healthy Eating</li> <li>○ Gaining skills in various types of food skills, different types of chopping, e.g. slicing, dicing. Knowledge regarding different cooking types, e.g. sauté, bake, boil, fry etc</li> <li>○ Labelling food and reading food labels</li> <li>○ Gaining skills in weighing and measuring</li> <li>○ Knowing how to prepare and cook different vegetables and meats, (cooking times and temperatures)</li> <li>○ Being able to cook a meal at home as independently- as possible</li> </ul>	
<b>RESOURCES:</b>	
Pots, pans, knives, chopping boards, stove, graters, mixers etc	
Cleaning equipment for cleaning and sanitising the kitchen	
Mops buckets etc for floors	



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 13</b> <b>DATE: 04/04/25</b>	Creamy Butter Bean Curry with Coconut Milk  The Cinnamon Jar <a href="https://thecinnamonjar.com/creamy-butter-bean-curry-with-coconut-milk/#recipe">https://thecinnamonjar.com/creamy-butter-bean-curry-with-coconut-milk/#recipe</a>	with Naan or poppadom's  Casserole dish with a lid or container with a lid to take meal home	\$10.00
<b>WEEK 14</b> <b>DATE: 11/04/25</b>	One Pot Mexican Rice  Taste recipe <a href="https://www.taste.com.au/recipes/one-pot-mexican-rice/hezlh8xi">https://www.taste.com.au/recipes/one-pot-mexican-rice/hezlh8xi</a>	Casserole dish with a lid or container with a lid to take meal home	\$10.00
<b>WEEK 15</b> <b>DATE: 18/04/25</b>	<b>GOOD FRIDAY</b>		
<b>WEEK 16</b> <b>DATE: 25/04/25</b>	<b>ANZAC DAY</b>		
<b>WEEK 17</b> <b>DATE: 02/05/25</b>	One-Pan Sausage and Vegetable Bake with Herb Gravy.  Create cook share GF home cooking - <a href="https://www.createcookshare.com/single-post/one-pan-sausage-and-vegetable-bake-with-herb-gravy-glutenfree">https://www.createcookshare.com/single-post/one-pan-sausage-and-vegetable-bake-with-herb-gravy-glutenfree</a>	Casserole dish with a lid or container with a lid to take meal home	\$10.00
<b>WEEK 18</b> <b>DATE: 09/05/25</b>	Sticky Sausage Tray Bake  Easy Taming Twins Recipe <a href="https://www.tamingtwins.com/marmalade-sticky-sausages/">https://www.tamingtwins.com/marmalade-sticky-sausages/</a>	Baking Tray or suitable ovenproof dish to make a tray bake	\$10.00
<b>WEEK 19</b> <b>DATE: 16/05/25</b>	Tuna Pasta Bake  Taste.com <a href="https://www.taste.com.au/recipes/tuna-pasta-bake/e89b8113-6142-44ae-b3e1-5a7db67e0501">https://www.taste.com.au/recipes/tuna-pasta-bake/e89b8113-6142-44ae-b3e1-5a7db67e0501</a>	Baking Tray or suitable ovenproof dish to make a tray bake	\$10.00
<b>WEEK 20</b> <b>DATE: 23/05/25</b>	Mexican Style Stuffed Zucchini  Taste.com <a href="https://www.taste.com.au/recipes/mexican-style-stuffed-zucchini-recipe/h6sa31so">https://www.taste.com.au/recipes/mexican-style-stuffed-zucchini-recipe/h6sa31so</a>	Casserole dish with a lid or container with a lid to take meal home	\$10.00
<b>WEEK 21</b> <b>DATE: 30/05/25</b>	One Pan Spaghetti Bolognese Bake  Taste.com <a href="https://www.taste.com.au/recipes/one-pan-spaghetti-bolognese-bake/6rn1x5mf">https://www.taste.com.au/recipes/one-pan-spaghetti-bolognese-bake/6rn1x5mf</a>	Baking Tray or suitable ovenproof dish to make a tray bake	\$10.00
<b>WEEK 22</b> <b>DATE: 06/06/25</b>	Curried pumpkin soup with chicken  Taste.com <a href="https://www.taste.com.au/recipes/curried-pumpkin-soup-chicken-recipe/3zehjn7s">https://www.taste.com.au/recipes/curried-pumpkin-soup-chicken-recipe/3zehjn7s</a>	Suitable leek proof container for soups all of June	\$10.00

<b>WEEK 23</b> <b>DATE:</b> <b>13/06/25</b>	Taco Soup  Taste.com <a href="https://www.taste.com.au/recipes/taco-soup-recipe/mc4hjifw">https://www.taste.com.au/recipes/taco-soup-recipe/mc4hjifw</a>	Suitable leek proof container for soups - all of June	\$10.00
<b>WEEK 24</b> <b>DATE:</b> <b>20/06/25</b>	Healthy chicken noodle and vegetable soup -  Taste.com <a href="https://www.taste.com.au/recipes/healthy-chicken-noodle-vegetable-soup-recipe/gu7ykxlh">https://www.taste.com.au/recipes/healthy-chicken-noodle-vegetable-soup-recipe/gu7ykxlh</a>	Suitable leek proof container for soups - all of June	\$10.00