

**PROGRAM: Hearty and Healthy Cooking****TIME: 11:00 – 14:00****DAY: Friday****FACILITATOR: Holly-Lea Keding**

AIM: 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.

GOALS: (Relates to NDIA goals of clients)

- Independent living skills, cooking, cleaning and maintaining cooking equipment
- Gaining skills to be safe and confident in the kitchen cooking and cleaning to assist with independent living skills & maintaining a clean home
- Working in a group with other clients, assisting to develop and maintain social skills and friendships.
- All of the above are instrumental activities of daily living

OUTCOMES:

- Gaining knowledge regarding hygiene and food preparation, including cleaning
- Having the confidence to try new foods and how to add more vegetables to the meal
- Learning about different foods, gaining confidence to try different foods
- Knowledge regarding the nutrition of different food, leaving skin on adds fibre, carrots contain vitamin A, etc, increasing knowledge in Healthy Eating
- 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
- Labelling food and reading food labels
- Gaining skills in weighing and measuring
- Knowing how to prepare and cook different vegetables and meats, (cooking times and temperatures)
- Being able to cook a meal at home as independently- as possible

RESOURCES:

Pots, pans, knives, chopping boards, stove, graters, mixers etc

Cleaning equipment for cleaning and sanitising the kitchen

Mops buckets etc for floors

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 25 DATE: 11/07/25	Vegan One Pot Pasta https://sunkissedkitchen.com/vegan-one-pot-pasta/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 26 DATE: 18/07/25	Greek Instant Pot Chicken Stew- Food By Mars recipe https://foodbymars.com/30-min-greek-instant-pot-chicken-stew-paleo-aip-whole30/#wprm-recipe-container-9831	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 27 DATE: 25/07/25	Peanut Butter Chicken on Rice https://www.bbcgoodfood.com/recipes/peanut-butter-chicken	Large container with a lid to take meal home	\$10
WEEK 28 DATE: 01/08/25	One Pan Creamy Chicken and Veggies https://www.wholekitchensink.com/one-pan-creamy-chicken/	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 29 DATE: 08/08/25	One Pot Creamy Tomato Beef Pasta https://www.recipetineats.com/one-pot-creamy-tomato-beef-pasta/	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 30 DATE: 15/08/25	Cheeseburger Casserole https://www.recipetineats.com/cheeseburger-casserole-homemade-hamburger-helper/#wprm-recipe-container-20599	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 31 DATE: 22/08/25	Quick Asian Caramelised Beef Ramen Noodles https://www.recipetineats.com/asian-beef-and-noodles/#wprm-recipe-container-33020	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 32 DATE: 05/09/25	Cajun chicken one-pot https://www.bbcgoodfood.com/recipes/cajun-chicken-one-pot	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 33 DATE: 12/09/25	One pot garlic chicken https://www.bbcgoodfood.com/recipes/one-pot-garlic-chicken	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 34 DATE: 19/09/25	Taco Pasta Veggie Casserole Recipe in Emails	Large container with a lid to take meal home	\$10
WEEK 35 DATE: 26/09/25	Healthy Apricot Chicken https://www.taste.com.au/recipes/healthy-apricot-chicken-recipe/i19qamxv?r=dinner/zr87q1vw	Large container with a lid to take meal home	\$10



WEEK 36 DATE: 03/10/25	Honey Chicken on rice https://www.bbcgoodfood.com/recipes/honey-chicken	Large container with a lid to take meal home	\$10
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