

**PROGRAM: Destination Dinner****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. Enjoying the benefits of a home cooked meal, whilst feeling the pride of knowing they've made it themselves. Learning about healthy eating, different cooking tips and tricks, 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. Having the opportunity to create their dish how they feel suits them and encourage independence with choice by allowing them to cut how they want it and add or remove ingredients.

**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	Aprons
Cleaning equipment for cleaning and sanitising the kitchen	Hair nets
Mop & bucket	Gloves
Vacuum	



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 1</b> <b>DATE:</b> <b>09/01/26</b>	<b>Healthy Fish (or chicken) &amp; Chips</b> <a href="https://www.taste.com.au/recipes/oven-baked-fish-n-chips/5cc0092e-7787-47a5-ab0a-8d69e3189153?r=healthy/65lly7p0">https://www.taste.com.au/recipes/oven-baked-fish-n-chips/5cc0092e-7787-47a5-ab0a-8d69e3189153?r=healthy/65lly7p0</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 2</b> <b>DATE:</b> <b>16/01/26</b>	<b>Healthy chicken and vegetable sausage rolls</b> <a href="https://www.taste.com.au/recipes/healthy-chicken-vegetable-sausage-rolls/7b8b23d3-e945-47ea-a1e5-e363ccd628d0?r=healthy/65lly7p0">https://www.taste.com.au/recipes/healthy-chicken-vegetable-sausage-rolls/7b8b23d3-e945-47ea-a1e5-e363ccd628d0?r=healthy/65lly7p0</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 3</b> <b>DATE:</b> <b>23/01/26</b>	<b>Aussie Day Burger</b> <a href="https://www.oneharvest.com.au/recipes/australia-day-burger/">https://www.oneharvest.com.au/recipes/australia-day-burger/</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 4</b> <b>DATE:</b> <b>30/01/26</b>	<b>Healthy Beef &amp; Vegetable Pie</b> <a href="https://www.taste.com.au/recipes/beef-vegetable-pie/7ced49a4-cb20-4ad3-88ff-c77367dd06cb">https://www.taste.com.au/recipes/beef-vegetable-pie/7ced49a4-cb20-4ad3-88ff-c77367dd06cb</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 5</b> <b>DATE:</b> <b>06/02/26</b>	<b>Pizzas</b>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 6</b> <b>DATE:</b> <b>13/02/26</b>	<b>Stove Top Lasagne</b> <a href="https://www.woolworths.com.au/shop/recipes/stovetop-lasagne">https://www.woolworths.com.au/shop/recipes/stovetop-lasagne</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 7</b> <b>DATE:</b> <b>20/02/26</b>	<b>Easy Healthy Spaghetti Bolognese</b> <a href="https://laurenfitfoodie.com/easy-healthy-spaghetti-bolognese-with-hidden-veggies/#wprm-recipe-container-31353">https://laurenfitfoodie.com/easy-healthy-spaghetti-bolognese-with-hidden-veggies/#wprm-recipe-container-31353</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 8</b> <b>DATE:</b> <b>27/02/26</b>	<b>One Pot Italian Chicken &amp; Orzo/Risoni Pasta</b> <a href="https://www.recipetineats.com/one-pot-italian-chicken-orzo-risoni-pasta/#recipe">https://www.recipetineats.com/one-pot-italian-chicken-orzo-risoni-pasta/#recipe</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 9</b> <b>DATE:</b> <b>06/03/26</b>	<b>Lamb Tray Bake</b> <a href="https://www.bbcgoodfood.com/recipes/lemon-rosemary-traybake-lamb">https://www.bbcgoodfood.com/recipes/lemon-rosemary-traybake-lamb</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 10</b> <b>DATE:</b> <b>13/03/26</b>	<b>Greek Chicken Gyros</b> <a href="https://realgreekrecipes.com/greek-chicken-gyros-recipe/#recipe">https://realgreekrecipes.com/greek-chicken-gyros-recipe/#recipe</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
<b>WEEK 11</b> <b>DATE:</b> <b>20/03/26</b>	<b>Sausage &amp; Potato Casserole with Veg</b> <a href="https://realgreekrecipes.com/sausage-and-potato-casserole/#recipe">https://realgreekrecipes.com/sausage-and-potato-casserole/#recipe</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10

<b>WEEK 12</b> <b>DATE:</b> <b>27/03/26</b>	<b>Easy Pork Meatball Pasta with Sauce</b> <a href="https://realgreekrecipes.com/pork-meatball-pasta/#recipe">https://realgreekrecipes.com/pork-meatball-pasta/#recipe</a>	Large casserole dish with a lid or large container with a lid to take meal home	\$10
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