



PROGRAM: Baking

TIME: 9 – 12pm

DAY: Thursday

FACILITATOR: Stephanie Munro

AIM: To support people with disabilities to obtain independence through incidental learning of baking. This includes but is not limited to – budgeting, money handling, hygiene/health and safety practices in the home, measuring (maths), patience, following instructions, chemical reactions, fine motor skills (cutting, icing, mixing etc), focus, confidence, experiencing different taste/smells, sensory exploration and more

GOALS: (Relates to NDIA goals of clients)

- Independence
- Social engagement
- Increased focus
- Money handling
- Decision making
- Fine motor skills

OUTCOMES:

- To support people with disabilities to obtain independence through incidental learning of baking.
- This includes but is not limited to – budgeting, money handling, hygiene/health and safety practices in the home, measuring (maths), patience, following instructions, chemical reactions, fine motor skills (cutting, icing, mixing etc), focus, confidence, experiencing different taste/smells, sensory exploration and more

RESOURCES:

PPE – aprons, hairnets, gloves, closed in shoes	Bowls, spoons, measuring tools (cups/spoons/scales etc)
Recipe	Tins (loaf, muffins, cake etc)
Ingredients	Containers
As needed supplies dependent on recipe	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
Week 1 Date:02/04/26	Muesli Bars (Soft)	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 2 Date:09/04/26	Weetblix Slice	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 3 Date:16/04/26	Banana and Pumpkin Muffins	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 4 Date:23/04/26	Carrot Oatmeal Cookies	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 5 Date:30/04/26	Create Your Own Challenge (Healthy)	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 6 Date:07/05/26	Danish Pastries	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 7 Date:14/05/26	Vanilla Slice	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 8 Date:21/05/26	Apple Pie	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 9 Date: 28/05/26	Create Your Own Challenge (Sweet Pastries)	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 10 Date:04/06/26	Sausage Rolls	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 11 Date:11/06/26	Spinach and Cheese Triangles	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 12 Date:18/06/26	Chicken Pie	Container for baking, morning tea, water bottle, closed in shoes	\$10
Week 13 Date:25/06/26	Create Your Own Challenge (Savoury Pastries)	Container for baking, morning tea, water bottle, closed in shoes	\$10