



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 sand 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
WEEK 13 DATE:03/04/26	GOOD FRIDAY		
WEEK 14 DATE: 10/04/26	Hawaiian chicken kebabs & salad https://www.cookingclassy.com/hawaiian-chicken-kebabs/#jump-to-recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 15 DATE: 17/04/26	Chinese Beef Stir-Fry https://www.recipetineats.com/easy-classic-chinese-beef-stir-fry/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 16 DATE: 24/04/26	Nachos https://www.woolworths.com.au/shop/recipes/beef-nachos	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 17 DATE: 01/05/26	One Pan Chicken, spinach and penne https://www.woolworths.com.au/shop/recipes/one-pan-chicken-spinach-and-bacon-penne	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 18 DATE: 08/05/26	Quiche https://www.taste.com.au/recipes/impossible-quiche-2/8244d479-b108-4b9c-9727-25e7041d8fd2	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 19 DATE: 15/05/26	Chicken & Veggie Bake (Holly's Recipe)	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 20 DATE: 22/05/26	Curried Sausages (Holly's Recipe)	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 21 DATE: 29/05/26	Sticky Sausages https://www.tamingtwins.com/marmalade-sticky-sausages/#wprm-recipe-container-6408	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 22 DATE: 05/06/26	Pumpkin Soup https://www.recipetineats.com/classic-pumpkin-soup/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 23 DATE: 12/06/26	Chicken Soup https://downshiftology.com/recipes/chicken-soup/#wprm-recipe-container-32832	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 24 DATE: 19/06/26	Potato & Leek Soup https://www.loveandlemons.com/potato-leek-soup/#wprm-recipe-container-56008	Large casserole dish with a lid or large container with a lid to take meal home	\$10