



**INDEPENDENT LIVING SKILLS:**

*Cooking*  
**CLASS**

Build your independent living skills with our practical, hands on programs.

Learn to find your way around the kitchen. This popular class shows you what's involved in healthy eating. It takes you through everything from planning and shopping for nutritious meals through to food preparation and safety.

**Perfect for:**

Young adults from 16+ looking to move out of home or contribute more to family chores.

**What to expect:**

Participants are introduced to a different meal each week. The session starts with planning and shopping and then returns to the kitchen for meal preparation and cooking. With the support of our team each week you will plan and cook your own meal to share.

Throughout this course you will be building your own recipe book. By the end of the term you will have a selection of meals to confidently cook any day of the week.

We'll assess you along the way to see how you are progressing and identify any individual needs at the end of each term.

Montrose can also offer Occupational Therapy for modified kitchen utensils if required (additional cost).

**Skills developed:**

- Money management
- Food safety
- Cooking for others
- Cooking out in the community

**Progression:**

Can progress onto barista course

**Pricing:** NDIS 1:2 ratio. \$15 per person each week to pay for ingredients.

**Duration:** Ongoing



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Or call us on **1800 193 362**.

