



COOKING WITH CONFIDENCE



Skills Development Course

**Great opportunity to develop your independent
cooking skills in 2019.**

A seasonal cooking course where you will learn to

- Plan nutritious meals
- Budget for and buy delicious seasonal ingredients
- Prepare meals safely and independently
- AND you will be able to eat the meal you prepared or take it home

**RUN BY
QUALIFIED
CHEF**

This 40-week course includes the accredited certificate

SITXFSA001 Use Hygienic Practices for Food Safety (food handling).

This course is for you if you:

- Love food and seasonal ingredients
- Are over 18 years old
- Want to learn to cook for yourself, your families and friends

What funds you need:

- Funding in your NDIS plan for skill development (6 hours a week for 40 weeks)
- You will also need to pay a \$10 activity fee a week from your own money



When and where?

Weekly over a 12-month period from February 2019

Starting on Wednesday 27th February 2019

9:30am - 3:30pm

At **The Bridge Preston** – 218 High Street, Preston 3072.

For more information please contact:

jenny@catalysttdds.com.au or ring **03 9858 3014**