

NDIS COOKING PROGRAM

Cook. Nourish. Empower.

Building skills and social connection—one bite at a time!

Term 3 available 4-week program

27 August - 17 September

2-hour cooking session 1pm - 3pm

\$140 per week (\$560 per program)



Program Highlights:

- Facilitated by our Accredited Practising Dietitians
- 2 course meal each week.
- Small group environment, capped at 4 participants per group
- Support workers welcome.



- ✓ Learn to cook balanced, tasty meals
- ✓ Pick up nutrition tips
- ✓ Build confidence in the kitchen
- ✓ Take home recipe and nutrition booklet
- ✓ Supportive and inclusive environment



Participants must be 16 years plus.

For more information or to enrol, contact Nutrition Australia ACT

Em: info@act.nutritionaustralia.org or Ph. 02 6162 2583