



NDIS COMMUNITY

Cooking Classes

Bardon Hall



Tuesdays from 14th May



\$270



247b Simpsons Rd, Bardon 4065



1pm - 3pm



Join Us for a relaxed and fun community class based on food and focused on connections. These three sessions are all about connecting with others around your love of food

Session One - Food and Community Connection: Let's connect around what foods we enjoy, create a simple dish together and share our meal

Session Two - Ingredient Exploration: Let's explore different ingredients that make up simple recipes, how to choose recipes we like and create together

Session Three - Recipe adaptations: Let's explore how we can adapt common recipes to suit our dietary needs, our abilities and preferences

Please email Luisa to register your interest and book your spot

Please note there is a 5 person minimum required for the class to proceed

0423 450 363

inmyownkitchen@gmail.com

www.inmyownkitchen.com