



create it. plate it. enjoy it.

## **In My Own Kitchen Cooking Incursions & Holiday Programs**

### About Our Programs

Our cooking incursions and holiday programs offer an engaging, hands-on culinary experience that's both educational and fun! Each session invites kids to get creative, explore new foods, and work together as a team. Whether as a school incursion or a holiday care activity, our programs are designed to be adaptable, safe, and enjoyable for all ages and abilities.

### What's Included in Each Session?

*Hands-On Food Based Activities:* Kids will dive into a variety of food based tasks, from decorating cupcakes or biscuits, making rice paper rolls or sushi to exploring food through sensory games and culinary challenges.

*Educational Components:* Each session introduces basic kitchen safety, nutrition tips, and an opportunity to discover new flavours and food in an approachable way.

*Customisation Options:* We tailor each session to suit age ranges, group sizes, and dietary needs, making sure everyone can enjoy and participate fully.

### Program Benefits

*Teamwork & Social Skills:* Our classes encourage kids to communicate, collaborate, and engage with friends as they explore food together.

*Fine Motor Skills & Creativity:* Through hands-on activities, kids develop fine motor skills and are free to express their creativity in food preparation and presentation

*Introduction to All Food Groups:* With a focus on fresh ingredients, relaxed exploration of foods and no pressure participation, kids are exposed to a variety of foods, flavours and smells in a fun and safe way



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## Session Options & Pricing

### IncurSION Packages

*Single Session:* A 1-hour session focusing on a themed recipe or activity.

*Half-Day IncurSION:* A 3-hour program, including multiple food-based activities and a break for kids to enjoy their creations.

*Full-Day IncurSION:* A 6-hour experience, covering a series of food-based activities, available to larger numbers of students across year levels

### Holiday Program Packages

*Morning or Afternoon Session:* 3-hour activity-packed session, ideal for holiday care, combining cooking, games, and food exploration activities.

### **Pricing:**

Pricing is available per package and is determined by group size and activity length. Please contact us for detailed pricing or custom package options. Some packages start from \$12/child

### **Booking Information**

How to Book: To secure a booking or inquire further, please email us at [inmyownkitchen@gmail.com](mailto:inmyownkitchen@gmail.com) or call us at 0423 450 363

We recommend early booking as spots fill up quickly.

Custom Quotes: Custom packages are available based on your group's specific needs. Contact us for a personalised quote!

### **FAQs**

Allergy and Dietary Accommodations: We can tailor sessions to accommodate most dietary needs, including gluten-free, dairy-free, and allergen-sensitive recipes. Please consult our FAQ for details.

Age Groups Supported: Programs are suited for children ages 5-13, with activities adjusted to the age and abilities of the group.



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Minimum/Maximum Group Sizes: Minimum booking of 25 required. For large groups please contact for availability

Let's create an unforgettable cooking experience together!

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