



Weekly Cooking Group & Independent Living Skills

Moruya Program of Supports

Designed to build your skills and confidence in the kitchen, our cooking groups are not only fun they're delicious! During our cooking classes you will learn to create your own menu plans, prepare shopping lists, and go shopping for ingredients. We will work with you to create basic budgets, help you learn to prepare and cook meals of your choice with a focus on food safety & hygiene practices.

When: **Thursdays (weekly)**

Time: **9am-12pm & 12:30pm-3:30pm**

Where: **6-8 Shelley Road
Moruya Industrial Estate
Moruya**



Location

- 6-8 Shelley Road
Moruya Industrial Estate
Moruya



Equipment

- All equipment and supplies are provided



Program costs

- NDIS funding -
Group rates

For further details please contact the HCS team:

(02) 4474 3336