



Weekly Cooking Group & Independent Living Skills

Ulladulla Program of Supports

Designed to build your skills and confidence in the kitchen, our cooking groups are not only fun they're also delicious! During your cooking classes you will learn how 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**

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

Where: **157 Warden Street, Ulladulla**



Location

- Yumaro
157 Wadren St, Ulladulla



Equipment

- All equipment and supplies are provided



Program costs

- NDIS funding - Group rates

For further details please contact the HCS team:

(02) 4455 4799