

COOKING WITH CONFIDENCE



Would you love to learn how to cook delicious and healthy meals? We can work with you to prepare and cook meals of your choice, while being safe and hygienic in the kitchen.

Orana has developed a cooking program aimed to help you feel confident in the kitchen!

You can learn with a small group or in a one-on-one setting at an Orana site or within your own home. You will be able to choose the food you would like to cook and enjoy eating it afterwards.

This program is suited to people of all levels of literacy and kitchen skills, and participants will receive a certificate and cookbook at the end of each session - perfect for whipping up your favourite meal again at home!

Our group classes usually run for eight sessions, but you can request to attend more.

Is there any out of pocket expenses?

Yes - you will need to purchase ingredients, but you will get to keep all food that is cooked.

Who can participate?

Anyone with appropriate NDIS funding. You can also self-fund if required.

Who delivered the training?

Our fantastic team of Developmental Educators and Program Facilitators are trained in teaching skills in the kitchen to help people feel more confident.

When can I participate in a session?

You can take part as soon as you are ready! Our staff can work with you to find a suitable time.

Want to take part?

Contact our Customer Care Team Leader, Merisa on 8375 2021 or intake@orana.asn.au