ACTIVE ABILITY CARE

Adult Cooking Program

2026- TERM 4

ACTIVITY INCLUDES:

- HANDS-ON PRACTICE
- SPECIFIC RECIPES AND TECHNIQUES
- INGREDIENTS PROVIDED
- GROUP SETTING
- OPTIONS FOR VARIOUS SKILL LEVELS
- FOCUS ON HEALTHY FOODS THAT ARE GOOD TO EAT



AGES 18+



SPECIAL FEATURES:

- CERTIFIED AND EXPERIENCED STAFF
- FLEXIBLE SCHEDULING OPTIONS
- TAKE EXCESS FOOD HOME
- PARTICIPANT PICK UP AND DROP OFF

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Cooking CLASSES

THURSDAY

15 OCTOBER

THAI GREEN CURRY

This one is full of flavour and we can add some spice if you like that. You can choose to eat it with white or brown rice?



22 OCTOBER

TOASTY

A toasty is a simple easy meal to make for those lazy Sunday nights. we are going to learn some tricks to make them glamourous



29 OCTOBER

ZOODLES AND MEATBALLS

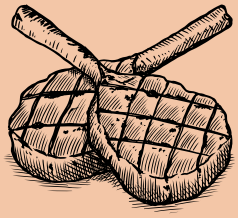
Last year we tried these and we were scared at first but now we love them. We will try them with some meatballs or pesto souce.



5 NOVEMBER

PORK CHOPS AND SALAD

Pork chops are full of flavour, we have a little secret herb to add on before we cook them which makes them burst with flavour.



12 NOVEMBER

NACHOS

A great low gluten meal which is filling and full of flavour. What meat do you think we should use?



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Dede's Place, Yenorra

MORE COOKING?

THURSDAY

19 NOVEMBER

FALAFEL WRAPS WITH HOMEMADE FLATBREAD

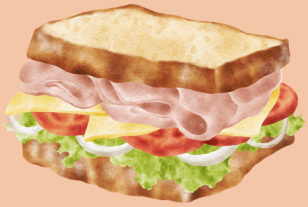
Ok we might be reaching for the stars here, let's see how we go and how many elements to this dish we can make from scratch.



26 NOVEMBER

SANDWHICH

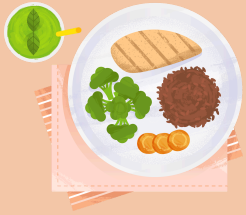
A fresh sandwich loaded with salad, mayo and some pepper is pretty much as good as it gets for lunch.



3 DECEMBER

GRILLED CHICKEN

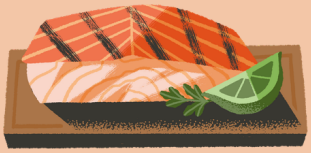
We will grill the chicken and add some chimichurri for flavour. We will eat this with a side of sweet potato chips.



10 DECEMBER

FISH AND CHIPS

Normally this meal is unhealthy but if we grill the fish and make our own chips it might be delicious and nutritious.



17 DECEMBER

BURGERS

Meat, salad and a fresh roll, We had potato last week so Instead of a side of chips we will be eating a side of salted beans.



- NORMALLY SUPPORTS OFFERED FROM 10AM - 2:30PM
- RATIO'S ARE USUALLY 1:1 UNLESS WE CAN ACCOMMODATE OTHERWISE
- ALL ACTIVITY COSTS ARE COVERED BY AAC
- PICK UP AND DROP OFF AVAILABLE

ACTIVE ABILITY CARE

Location
Dede's Place (Yennora)

Bookings
Please email us the days you want to book into the cooking program:
info@activeabilitycare.com.au
Bookings will need to be received two weeks in advance

NDIS payment
Our prices vary depending on the hours and the ratio of participants to staff. These prices are on our website. If you need help understanding the NDIS price guide please get in contact with us.

Non NDIS Payment
All ingredients are purchased by Active Ability Care, If you want to cook extra food for home meals you will need to provide the ingredients

Medication
Due to NDIS requirements we can't administer any medication at Active Ability Care

Allergies
Please be mindful to tell staff at Active Ability Care if you have any allergies

Activity Requirements
Just bring yourself and a willing attitude



HEALTHY FOOD

Normal Thursday plan

10am
Pick up and head to Dede's place
11am
Decide on a recipe and see what ingredients need to be purchased - head to the shops to buy ingredients
12pm
Start cooking
1pm
Eat your delicious creation
2pm
Head home

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