



BEAUMONT HILLS

Cooking Weekly Program

Unisson Disability are excited to host a cooking program for people with disability. Participants will have the opportunity to learn the basics of cooking such as: learning how to prepare and cook healthy foods, how to use cooking utensils and appliances safely, along with a basic introduction to food safety.

Our Cooking Program runs every Friday over a period of 12 weeks. This is a great opportunity for participants to socialise and enhance their cooking skills with new recipes each week on every Friday.

Please contact us if you have dietary requirements and our team can discuss how to adapt the program to your needs.



Friday March 4
9am – 3pm

WEEK 1

Intro to Cooking 101

Participants will meet at Beaumont Hills Community Access to meet and greet everyone and learn the basics of food hygiene.

WHEN

Friday March 4: 9am – 3pm

SCHEDULE

- Meet and greet other participants.
- Learn the basics of food hygiene such as: hand washing & preventing contamination.
- Learn how to boil an egg.
- Learn how to make curried egg sandwiches.
- Have lunch (egg sandwiches).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Lunch, cooking utensils and ingredients.

GOAL

For participants to meet each other and learn the basics of food hygiene while learning how to boil an egg.



Friday March 11
9am – 3pm

WEEK 2

Basic Knife Skills + Stir Fry Recipe

Participants will meet at Beaumont Hills Community Access and learn the basics of using a knife while cooking a stir fry.

WHEN

Friday March 11: 9am – 3pm

SCHEDULE

- Meet at the centre.
- Revise the basics of food hygiene.
- Learn the basic knife skills.
- Cook your chicken and vegetable stir-fry.
- Have lunch (chicken stir fry).
- Clean up.

WHERE

Unison Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$10

RESOURCES INCLUDED

Lunch, cooking utensils and ingredients.

GOAL

Learn how to use a knife safely cutting meat and vegetables and learn how to cook a stir-fry.



Friday March 18
9am – 3pm

WEEK 3

Using Appliances + Pasta Bake Recipe

Participants will meet at Beaumont Hills Community Access and learn how to use kitchen appliances safely while cooking a pasta bake.

WHEN

Friday March 18: 9am – 3pm

SCHEDULE

- Meet at the centre.
- Learn how to safely use kitchen appliances.
- Prepare and cook a vegetable pasta bake.
- Eat lunch (pasta bake)
- Clean up

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Lunch, cooking utensils and ingredients.

GOAL

Learn how to use kitchen appliances safely and learn how to bake a pasta bake.



Friday March 25
9am – 3pm

WEEK 4

BBQ Skills

Participants will meet at Beaumont Hills Community Access Centre and learn the basics of using a BBQ.

WHEN

Friday March 25: 9am – 3pm

SCHEDULE

- Meet at centre.
- Revise hygiene, appliance, and knife safety.
- Learn BBQ safety: how to use gas safely and how to make sure your meat is cooked.
- Prepare meat skewers to cook on the BBQ.
- Cook on the BBQ.
- Eat lunch (bbq skewers).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Lunch, BBQ, cooking utensils and ingredients.

GOAL

Learn how to use a BBQ safely and prepare and cook food on a BBQ.

Friday April 1
9am – 3pm

WEEK 5

Skills in Boiling and Simmering + Spaghetti Recipe

Participants will meet at Beaumont Hills Community Access to learn the basic boiling and simmering skills to make a spaghetti bolognese.

WHEN

Friday April 1: 9am – 3pm

SCHEDULE

- Meet at centre.
- Revise hygiene, appliance, and knife safety.
- Learn how to use a stove top safely.
- Prepare ingredients.
- Cook the bolognese sauce and the pasta using the simmering and boiling skills and techniques learnt.
- Eat lunch (spaghetti bolognese).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Lunch, cooking utensils and ingredients.

GOAL

Cook spaghetti bolognese.





Friday April 8
9am – 3pm

WEEK 6

Taco Recipe

Participants will meet at Beaumont Hills Community Access and then travel to nearby shops to purchase the ingredients to cook tacos.

WHEN

Friday April 8: 9am – 3pm

SCHEDULE

- Meet at centre.
- Travel to nearby shops to buy ingredients.
- Prepare ingredients for tacos.
- Cook mince.
- Eat lunch (tacos).
- Mid-Program Review.
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Transport, lunch, cooking utensils and ingredients.

GOAL

Learn and understand the process of purchasing the necessary ingredients to cook tacos.



Friday April 22
9am – 3pm

WEEK 7

Quiche Recipe

Participants will meet at Beaumont Hills Community Access and then travel to nearby shops to purchase the ingredients to cook a quiche.

WHEN

Friday April 22: 9am – 3pm

SCHEDULE

- Meet at centre.
- Travel to nearby shops to buy ingredients.
- Begin preparations to cook the quiche.
- Cook quiche in the oven.
- Eat lunch (quiche).
- Clean up.

WHERE

Unison Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$10

RESOURCES INCLUDED

Transport, lunch, cooking utensils and ingredients.

GOAL

Learn and understand the process of purchasing ingredients to cook a quiche.



Friday April 29
9am – 3pm

WEEK 8

Chicken Curry Recipe

Participants will meet at Beaumont Hills Community Access and then travel to nearby shops to purchase the ingredients to cook a chicken curry.

WHEN

Friday April 29: 9am – 3pm

SCHEDULE

- Meet at centre.
- Travel to nearby shops to buy ingredients.
- Prepare ingredients for cooking.
- Begin the chicken curry cooking process.
- Cook rice using the boiling skills learnt.
- Eat lunch (chicken curry).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$10

RESOURCES INCLUDED

Transport, lunch, cooking utensils and ingredients.

GOAL

Learn and understand how to purchase the needed ingredients to cook a chicken curry.



Friday May 6
9am – 3pm

WEEK 9

Pumpkin Soup Recipe

Participants will meet at Beaumont Hills Community Access and then travel to the nearby grocery store to purchase the ingredients to cook pumpkin soup.

WHEN

Friday May 6: 9am – 3pm

SCHEDULE

- Meet at centre.
- Travel to nearby shops to buy ingredients from a recipe.
- Prepare ingredients for cooking.
- Learn the basics of using a blender.
- Cook pumpkin soup.
- Eat lunch (pumpkin soup).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5

RESOURCES INCLUDED

Transport, lunch, cooking utensils and ingredients.

GOAL

Learn how to purchase ingredients to make a pumpkin soup.



Friday May 13
9am – 3pm

WEEK 10

Make Your Own Pizza

Participants will meet at Beaumont Hills Community Access and then will travel to the nearby grocery store to purchase the ingredients to make pizzas.

WHEN

Friday May 13: 9am – 3pm

SCHEDULE

- Meet at centre.
- Decide the type of pizza you would like to make.
- Write down the ingredients to purchase.
- Travel to nearby shops to purchase ingredients.
- Follow instructions on how to make a pizza.
- Cook pizza.
- Eat lunch (pizza).
- Clean up.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$10

RESOURCES INCLUDED

Transport, cooking utensils and ingredients.

GOAL

Purchase ingredients and learn how to make a pizza.



Friday May 20
9am – 3pm

WEEK 11

Create Your Own Recipe Book

Participants will meet at Beaumont Hills Community Access and will create a recipe book. They will then travel to Stanhope Gardens to enjoy a delicious lunch.

WHEN

Friday May 20: 9am – 3pm

SCHEDULE

- Meet at centre.
- Print out all of the recipes cooked during this program.
- Gather recipes in a folder for future use.
- Research other recipes you would like to create.
- Travel to Stanhope Gardens for lunch.
- Travel back to centre.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

Approximately \$20-\$25 (depending on what you would like to eat and drink for lunch).

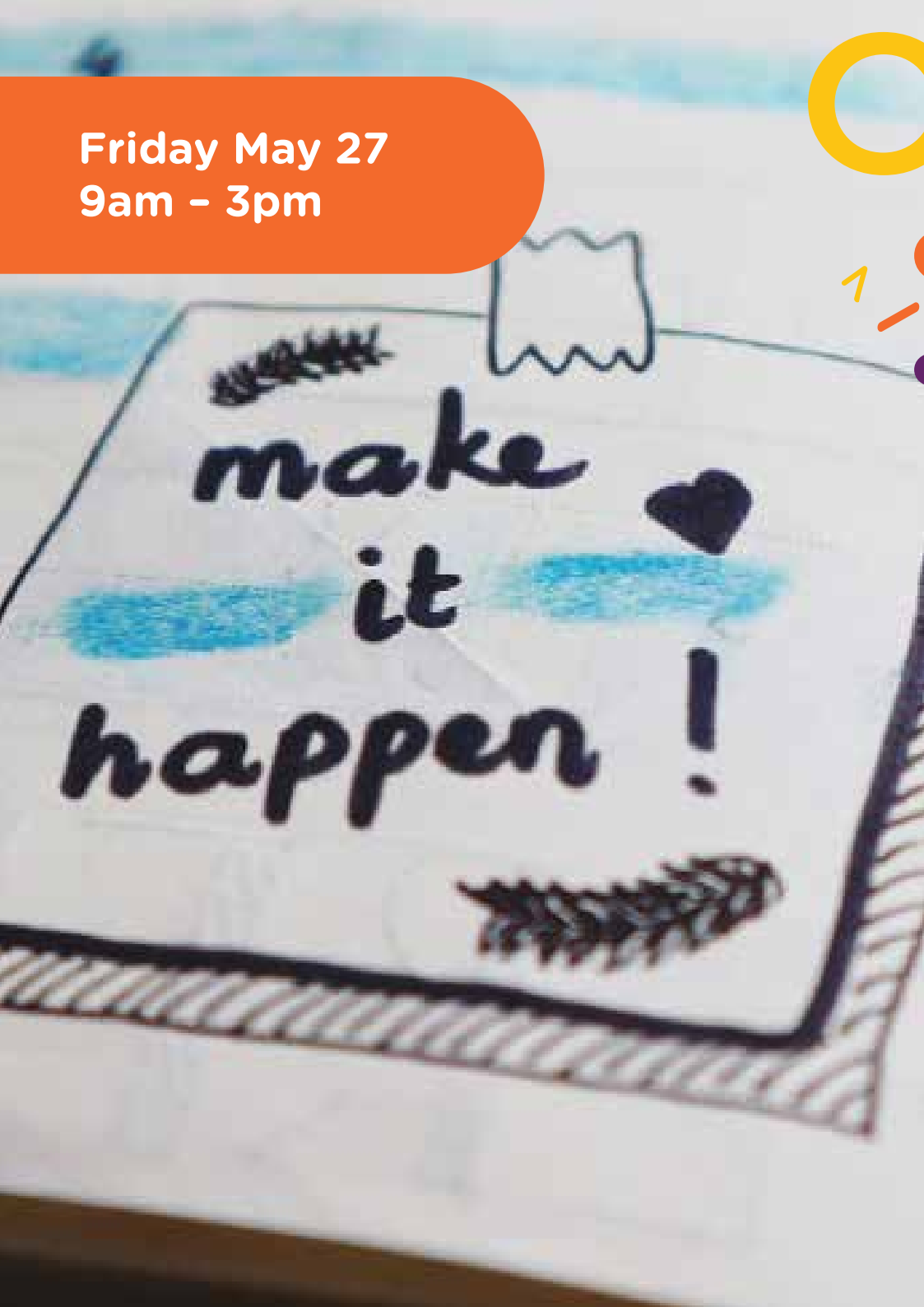
RESOURCES INCLUDED

Transport, hygiene resources, camera, paper and plastic folder.

GOAL

To create a recipe book that you can use at home.

Friday May 27
9am - 3pm



WEEK 12

Plan for Next Program

Participants will meet at Beaumont Hills Community Access to provide their feedback on the 12-week program and discuss activities for future programs.

WHEN

Friday May 27: 9am – 3pm

SCHEDULE

- Meet at centre.
- Discuss week by week activities using photos to prompt feedback
- Participants will record their feedback around what could be done differently next time.
- Brainstorm other activities, skills and goals participants would like to work on.
- Enjoy lunch.
- Travel to Stanhope Gardens for a celebratory icecream/cake to celebrate.
- Take a group photo for participants to take home with them.
- Travel back to centre.

WHERE

Unisson Disability Beaumont Hills Community Access
14 Cressy Ave, Beaumont Hills NSW 2155

COST

\$5 – for ice cream or cake.

RESOURCES INCLUDED

Transport, utensils, hygiene resources, camera and photos from previous weeks.

WHAT TO BRING

Lunch, hat, sunscreen and water bottle.

GOAL

To provide feedback on this program and to discuss the goals and activities you would like to participate in next time.



Pricing

The cost of your support will be funded by your NDIS Plan under Core Support Funding. Additional food costs are charged separately and will require payment upfront - costs range from \$5 to \$25.

Bookings

Numbers per program are limited. To avoid disappointment please book by calling **1300 266 222** or email your full name, mobile and the weeks you would like to attend to hello@unisson.org.au

Terms and Conditions

Participants can choose to join the full 12-week program or choose a minimum of eight weekly activities to attend.

We require a minimum of 2 weeks' notice for any cancellations.

To stay up to date with all our support services and programs available at Unisson, subscribe to our digital newsletter by scanning the QR code.

