

OUR KITCHEN RULES

A SOCIAL COOKING PROGRAM FOR PEOPLE WITH DISABILITY

Delivered within Sunnyfield's Dulwich Hill Community Services Hub. You'll get out and about in the community, learn to shop for ingredients, follow recipes and prepare healthy and tasty meals.

- Mondays*
- 3.30pm – 6.30pm
- Activity cost \$10 per week (for ingredients)
- Open to participants 18+
- Drop-off and pick up from the Dulwich Hill Community Services Hub
- Cooking utensils will be supplied

For more information contact Stella Nicodemou.

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**During school term only*

