



**TOTAL
RECREATION**

THE COOKING PROJECT

With a focus on food



**RESEARCH
FOOD**



**MEAL
PREPERATION**



COOKING



**BUDGETING
AND MONEY
HANDLING**



FOOD RETAIL



THE COOKING PROJECT

With a focus on food

Join Total Recreation's innovative Life Skills program with a focus on food. Every Thursday 9am to 3pm learn new life skills incorporating food. Skill development including but not limited to food safety, recipe research, cooking, meal preparation and food retail.



The objective of the cooking project is to encourage participants to develop and maintain basic cooking skills, gain shopping and meal preparation skills to enable them to cook on their own or with minimal support. The project focuses on developing participants' ability and familiarity with knives, cooking utensils and cooking items. There is a focus on food safety and handling, particularly around the safe handling of meat, proper hand hygiene and proper storage and heating of food. Participants play an active part in the recipe choices and are also encouraged to adapt the recipes to fit their particular dietary requirements.

Program Structure

9-9:30am- research recipes and review items, establish cooking timeline and check ingredients

9:30-10:30am-purchase ingredients and utensils, budgeting, dietary and health ratings

10:30am-1pm- food preparation, cooking, working through recipe steps and plating

1pm-2pm- eating prepared meals and enjoying sharing with friends

2pm-2:30pm- cleaning, packing away, washing dishes, utensils and pack food away

2:30pm-3pm- recipe and theme discussion for coming week

ENJOY,
SHARE &
CELEBRATE
FOOD

