



**TOTAL  
RECREATION**

# THE COOKING PROJECT

With a focus on food



RESEARCH  
FOOD



MEAL  
PREPERATION



COOKING



SOCIAL  
ENTERPRISE



FOOD RETAIL



RETAIL  
FOOD  
PRODUCTS

The annual global food industry is worth more than \$14 trillion USD each year. Made up of multinational, billion dollar businesses through to micro-kitchen based social enterprises.

Total Recreation aims to provide members with an opportunity to see, experience and learn the food industry on a micro scale through social enterprise.

Similar to Total Recreations successful Market Project, The Life Skills 'focus on food' program will help members develop basic cooking, food safety, industry experience, simple product development and niche retail skills.

The program includes transport from home, morning tea and lunch with no out of pocket costs. This programs is funded under the NDIS.

To enroll or make inquiries contact Total Recreation on 8981 3686.

# 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 annual global food industry is worth more than \$14 trillion USD"*

