

OKR

OUR KITCHEN RULES

Brought to you by ...  **Directions**
Disability Support Services

Do you want to learn to cook?
Do you already love to cook?

Then join the occupational therapy students for
“Our Kitchen Rules”!

In this class we put into practice the cooking skills we are learning by cooking together. First we shop for ingredients, then prepare and cook the food, and finally we sit down together and share the food we made.

Meet: At the Subway entrance to Maddington Shopping Centre

Cooking at: Maddington Community Centre, 19 Alcock St, Maddington

When: Thursday each week

Time: 10:30am till 1pm

RSVP: therapy@directions.asn.au by Monday mornings

Contribution: \$5 per week (please pay on the day)

Please let us know if you have any allergies or food requirements. To ensure safety when cooking, everyone **must wear** closed-in shoes.

