



# Cooking and Budgeting

**Budgeting, shopping, and cooking are complex skills that take time and support to develop proficiency and confidence. These are critical skills for teenagers to develop as they move to independent living.**

In this group, young adults will work together with peers and adults to budget, shop and cook a meal.

Skills to be developed:

- Identifying a recipe
- Creating a shopping list
- Budgeting for the meal
- Shopping for items required
- Cooking meal safely and confidently.

Requirements for individuals to participate:

- Age 13-18 years old
- Have support worker or adult that can stay and assist participant to contribute to the group.
- Have small budget to buy cooking ingredients
- Have basic language skills – Able to put a simple sentence together
- Have basic fine motor skills – e.g., cutting with a knife and scissors, stirring with a spoon, pushing, and pulling of equipment.

**Dates:**

Monday during Term 3 and 4 2023  
Starting 10<sup>th</sup> of July

**Program Times:**

3.00pm – 4.00pm

**Venue:**

Pinarc Disability Support Golden Point Campus. 120 English Street, Golden Point

**How Much Does it Cost?**

The cost of the program is \$2600.00 for the duration of the group  
This group will be running with a minimum of 3 participants and pricing may vary based on numbers.

A report can be requested however this will be an additional cost.

**How do I register:**

Call Amy Brockman on 5329 1312 or Administration on 5329 1300.

**Other important info:**

A parent or support worker will need to be present for the duration of the sessions.