



SPARKS SOCIAL
ABILITIES

SPARKS KITCHEN

We run structured, in-house cooking sessions designed to build practical life skills in a safe and familiar environment. These sessions focus on developing independence in the kitchen while reinforcing planning, organisation, and decision-making.

Participants are guided through each stage of the cooking process—from selecting recipes and preparing ingredients to cooking, plating, and cleaning up. Emphasis is placed on food safety, hygiene, and understanding basic nutrition, alongside budgeting and making appropriate food choices.

The sessions are hands-on and adapted to individual ability levels, ensuring each participant can engage meaningfully and build confidence at their own pace. Support staff provide prompting and guidance where required, while still encouraging autonomy and skill development.



PROGRAM FEATURES



Kitchen Safety



Meal Planning



Cooking meals from scratch



Budgeting



Cleaning



Safe use of equipment



Confidence in the kitchen



Trying new foods and flavours



Time management



Independence



Following Recipes



Understanding ingredients and nutrition

BENEFITS

- ✓ Improved understanding of meal preparation and kitchen routines
- ✓ Increased confidence and independence in cooking
- ✓ Enhanced ability to plan and complete cooking tasks
- ✓ Greater awareness of nutrition and healthy eating
- ✓ Development of patience, responsibility, and practical life skills
- ✓ Ability to apply cooking skills in everyday settings
- ✓ Opportunities to build social connections through shared cooking experiences
- ✓ Learning about food and cooking in a safe, supportive, and judgement-free environment



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**FOR BOOKINGS OR
MORE INFORMATION**

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