

MEETUP  
EATUP



## A culinary adventure for all the food enthusiasts out there!

At our kitchen haven, you'll dive into the world of cooking, mastering the art of meal preparation from start to finish.

First, we'll guide you through selecting recipes, crafting shopping lists, and navigating the grocery store aisles. Then, it's time to roll up your sleeves and get cooking! Learn essential kitchen skills, from using various utensils to mastering cooking techniques while whipping up delicious and nutritious meals.

### Where

Are-able Social Enterprises  
11 Albert St, Warrnambool

### Who

Anyone with an interest in food and cooking in a supportive environment.

### NDIS Funding

Funding for this enriching experience is available through the NDIS 'Social and Community Participation' funding. So, let's get cooking and make some amazing dishes together!

To find out more



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Social Enterprises and  
Community Activities

