



Summer Holidays

Shop and Chop

Cooking group

Age:

10 years and above

Cost:

\$291 (approx)

Venue:

**Early Start Australia,
Ashmore & Drakes
grocery store**

Date and Time:

2:00-4:00pm

Wednesday, 22nd Jan 2025

In the Shop and Chop cooking session, participants will go with our occupational therapists, next door to Drakes grocery store and find items on our ingredients list, then return to the Ashmore clinic to follow the recipes to make some snacks.

This group will enable teaching and practice for life skills of making an ingredient list, shopping, following a recipe, safety awareness in the kitchen, and skills for using cooking utensils and cutlery.

It can also be helpful for children who have had negative experiences with food, to help them feel more confident to interact around food and express their needs and preferences.

To express interest or register please either scan the QR code, click [here](#), contact our Care Team on **1300 372 439** or email ashmore@earlystartaustralia.com.au.



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