



COOK. EAT. REPEAT.

Our **Cook Eat Repeat** program is an in-home cooking program, designed for Capacity Building and suited to what's available in your kitchen. We come to your home and cook 1-2 healthy and delicious dishes with you.

DURING THE PROGRAM WE WILL:

- Cook what is appropriate for your skill level
- Talk about preparation of the area and ingredients/utensils
- Preparation and cooking of the chosen dishes
- Food safety
- Tasting the dishes
- Clean up
- Menu selection for next visit
- Check pantry a create a shopping list and utensil list for the next visit.

OUR COOKS ARE ALL:

- Passionate home cooks
- Compliant with all food legislation
- Public liability insured
- Professional & reliable
- Food handling certified
- Police checks available
- Have the relevant disability checks.



COOK



EAT



CLEAN



SHOP



REPEAT

At this time, this program is available for plan and self-managed participants.
Contact us via our website to book, or call us on 0410 526 477.

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ih8cooking.com.au



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