



About

Chill on the Grill is an online home-based interactive cooking program.

Chef instructor Sebastian and his team of foodie peer mentors deliver this dynamic program on Zoom where each session focuses on simple but healthy gourmet recipes that motivate even the most reluctant to develop independence in the kitchen. Simple instructions, modelling and visual/verbal prompting techniques are used to ensure success for each participant.

Each week, recipes for 2 dishes (dinner and desert) and a shopping list (with graphics) is emailed to the participant. Peer mentor support is provided online throughout the cooking class. Many families engage a support worker to assist their participant at home. Each week the class culminates in a shared meal online where conversation about the cooking experience brings participants together.

Chill on the Grill is all about learning and generalising skills in your own kitchen, in your own home. And families enjoy a beautifully prepared dinner once a week!

Program features

- Organisation skills
- Reading, processing & following recipes
- Basic preparation skills of chopping, slicing & peeling
- Roasting, baking, frying, steaming, boiling
- Plating a meal
- Sharing a meal
- Cleaning up
- Nutrition facts for each meal Safety & hygiene

Benefits

- Independence in the kitchen
- Skill acquisition & generalisation in your own kitchen
- Understanding nutrition & healthy food choices
- Cook for family & friends
- Increased confidence & self-esteem
- Social, social, social!
- Food and kitchen safety
- Hygiene

Dates 2024

Term 1

22 January - 28 March

Term 2

15 April - 21 June

Term 3

8 July - 13 September

Term 4

30 September - 6 December

Session times

2.5 hour workshop | once a week for 10 weeks

Select one of the available time slots:

Wednesdays

3:30pm - 6:00pm (AEDT)

Venue

At home via Zoom!

Fee

\$2,100 per term

Enrol online



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