



Men: Let Me Teach You to Cook!

Do you want to develop and improve your cooking skills? This hands-on cooking class will build your self esteem and confidence as you prepare simple and nutritious meals.



A course to develop your skills in:

- Growing confident in the kitchen
- Preparing simple and healthy meals
- Utilising left-overs
- Food storage
- Budgeting
- Kitchen operations
- Knife usage and skills
- Recipe development
- Personal Hygiene
- OHS in the kitchen
- Working with others
- Work ready skills

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www.ballaratnc.org.au



Skills for study
work and life

We enrich our community by providing opportunities to connect, participate and learn

Length: 3 hours - 7 weeks

Cost: \$120

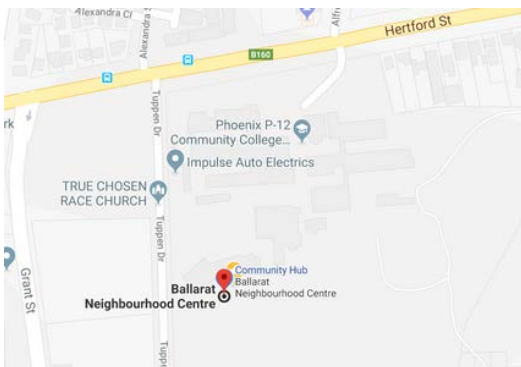
Eligibility: Go to the BNC website for the full eligibility list.

Discover Learn Local

We provide education and training programs designed to meet your learning needs. As a registered Learn Local we help you return to study, become work ready, improve your skills or learn something new.

Find us at the Ballarat South Community Hub

11 Tuppen Drive, Sebastopol



Ballarat Neighbourhood Centre
PO Box 540W, Ballarat. 3350