



## Cooking Program

The kitchen at the Ron & Joyce Murray Centre (The Hub) is available for use by people with a disability. It is expected that all participants will be supported in the cooking program by their disability support workers. These workers must be engaged and mentally and physically present during the meal preparation.

The day before (Wednesday) a support worker from 36 Peppercorn (supporting Carolyn Kurtz at her CP program) will come to the Hub and collect money from the Office to purchase groceries. They will bring the shopping list for the ingredients for the cooking program on the Thursday. At the Hub the support worker will select the recipe that will be prepared for the following week. (write this in the front of the recipe book)

The support worker and Carolyn will purchase the ingredients and bring them back to the Hub, storing them in the refrigerator and pantry for the Thursday cooking program.

On the Thursday...

- When arriving at the Hub the participant must pay for their session (\$15.00) The cooking program is offered at set days and times. These are displayed on the desk when entering the Hub.
- The cooking program is designed for the participants to be involved at each step of the meal preparation process, followed by the consumption of the meal and the clean up of the kitchen afterwards.
- A risk assessment to identify the hazards facing participants has been completed. While a number of hazards have been eliminated by the use of engineering controls, the primary method of controlling risks in the kitchen are administrative controls. This translates as support workers should always be involved in whichever task their participant is completing.
- The process of food preparation begins with the support staff choosing a meal for preparation.. Most recipes will need to be modified to meet each participants mealtime management requirements. (eg Level 7, minced and moist). This should be done on an individual basis.
- The Cooking Program recipes are located in the cupboards next to the emergency door in the kitchen.

- The food preparation should commence with each participant working at a preparation 'station'. The full length of the kitchen counter should be utilised to avoid participants crowding and risking injury. Depending on the skill set of each individual, some cutting up of ingredients will be done by hand over hand (with the support worker guiding and encouraging the participants) or using enclosed choppers.
- Participants should swap around work stations during the program. Cooking of the food should occur with close supervision of the support workers. There are two stove tops, two ovens and two microwaves. The cooking of the meal should be shared amongst all participants. Support staff should ensure that the cooking of the meals occurs across the entire kitchen.
- Each participant must be supported by a support worker. If a support worker steps away (eg to put rubbish in the bin ) they must verbally confirm that the person they support is being watched by another support worker in the immediate vicinity
- After the food has been prepared, all participants should enjoy lunch. Support workers are to ensure that the food consumed by the participants is in accordance with their meal time management plans. Special cutlery brought to the cooking program should be washed and returned to the participants bags.
- The food is to be consumed by the participants only, and there is an expectation that support workers will bring their own food for lunch and they will eat this while assisting their participant with their meal (or after if the meal time management procedure precludes this)
- All participants should be involved in the cleaning process after lunch has finished. This is one of the life skills that we are encouraging all participants to develop.
- No cooking utensil should be put away damp. If there is no time to dry things fully then they should be left to dry on the bench tops.

