Tas Healthy Eating Projects

# NDS Healthy Eating Cooking Demonstrations

## Cooking Demonstrations:

Register your interest in the form below and email to [kiahn.ryan@nds.org.au](mailto:kiahn.ryan@nds.org.au)

Designed for people with disability to attend with support workers, these practical cooking demonstrations will be tailored to the needs of the group. Demonstrations will occur state-wide, with locations determined by demand or by request. If you have participants who are interested in attending a cooking demonstration, please submit your interest below!

### Organisation:

### Contact name:

### Phone:

### Email:

### Suitable times/dates for demonstration:

Please add details of the people who will be attending and any dietary requirements. (For example lactose intolerant, gluten-free, easy meals, healthy substitutes, particular cuisines, vegetarian, etc.)

## Attendees

Person 1 Name:

Dietary Interests:

Person 2 Name:

Dietary Interests:

Person 3 Name:

Dietary Interests:

Person 4 Name:

Dietary Interests:

Person 5 Name:

Dietary Interests:

Person 6 Name:

Dietary Interests:

If you would like to organise for a group and don’t have names yet, please indicate the number of participants and anticipated dietary interests.

### Number of participants:

### Anticipated dietary interests:

Please continue if you run out of room.

Thank you. Please save and email to [Kiahn.ryan@nds.org.au](mailto:Kiahn.ryan@nds.org.au)

We will be in touch to confirm receipt of your request.