

Forest Men's Kitchen



Welcome!,

Your membership of the Forest Men's Kitchen has been approved by the committee and on behalf of the committee and fellow members we wish you welcome, enjoyment, mateship and an incredible sense of achievement as you progress on your cooking confidence building journey. Details contained in this letter are to assist you to settle in and to inform you of how things work in the Forest Men's Kitchen.

As a new member you are encouraged to attend our next Introduction to Cooking program. This program is a one day a week for five weeks, basic cooking class series for older men, most having pretty much no prior cooking experience.

By developing kitchen skills you will be better able to support yourself and your family. You will also learn important food safety lessons, so the quality of food you prepare will be safe to eat, nutritious and delicious.

Having completed the Introduction to Cooking program you are invited to attend our regular monthly cooking sessions. Through regular attendance at these monthly cooking sessions you will forge new mateships, and those sessions will provide a forum to discuss common issues associated with life living alone or with a disabled wife and, well, about being an Old Dog.

You are also encouraged to notify the Cooking Instructor if you wish to learn a particular cooking skill, or maybe to try out a particular new type of recipe at one of the monthly cooking sessions. We want our activities and facilities to meet your cooking journey needs, so please engage and let us know how to assist you to make the journey better.

Annual Program: We try and run a couple of Introduction to Cooking programs each year, depending on demand. These are supplemented by a regular monthly cooking schedule offering members a once or twice a month opportunity to keep honing their cooking skills. For the program exact dates please refer to our website: fmk.org.au.

Cooking for others: From time to time we will cook for selected public events. This is an opportunity to further enhance your cooking skills outside the regular monthly program. Your support of these events will be appreciated.



FOREST MEN'S KITCHEN Association Incorporated

Peter Rudland Public Officer; 39 Cashel Crescent, Killarney Heights NSW 2087

Phone: (02) 9451 0576 Mobile: 0438 092 528 Website: fmk.org.au

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Food and Kitchen Safety: The health and safety of you and fellow members and visitors is paramount and hence there are established practices you must follow. All members are responsible for cleanliness and kitchen safety. You must wear an apron and practical footwear in the kitchen and you must wash your hands before, and regularly during, food preparation.

Alcohol: As a Forest Men's Kitchen policy we are not permitted to consume alcohol during cooking sessions, so apart from including a small amount occasionally in the meals we prepare, no alcohol is permitted.

Menu Planning: We have a variety of cookery books to assist in the planning of the menu for subsequent month cooking sessions. You are asked to actively contribute to the planning of the next menu and to volunteer frequently to purchase the ingredients for that next session. Naturally you will be reimbursed for those costs.

Usage of Men's Kitchen Equipment: Use of FMK equipment off-site is restricted to approved FMK projects and therefore personal borrowing is not permitted. Members are also asked not to attempt repairs on electrical appliances unless they have recognised qualifications. Please notify the Cooking Session Coordinator of the need for any appliance or utensil to be maintained or repaired and do not undertake any repairs without Cooking Session Coordinator approval.

Name Tags: During your time at each Cooking Session, you are asked to wear your name tag to help promote social interaction and help get to know each other. It assists when communicating with others and engenders a sense of belonging. Name tags are usually kept on-site to permit updating as needed.

Insurance: New members need to ensure they have accessed the Voluntary Workers Insurance Product Disclosure Statement available at our Kitchen venue.

Clean up and Laundry: After your use of kitchen facilities and lunch has been finished, the kitchen and dining area must be left in a clean and tidy as there will be a different hirer using the same facility later in the same day. You will also be asked to volunteer to take home the aprons and tea towels to be laundered, you are expected to do this once or twice a year.

Fees: Your annual membership fee is now due and payable. For 2017-18 the full year membership fee is \$40.00. This is pro-rated per month for new memberships approved after July. (See the Cooking Session Coordinator for your applicable fee.)



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Per Diem Charge: Members attending each Cooking Session are required to pay the prescribed per diem amount, which is used to cover the costs to purchase the ingredients for the meal you prepare and enjoy. The Cooking Session Coordinator will collect the payment and ask you to complete the attendance record.

Learning how to cook is not a spectator sport. However, your level of engagement at each cooking session is entirely up to you, your satisfaction will be greater if you become more involved. If at any time you feel at a "loose end", please ask the Cooking Instructor to seek ways in which you can become more involved.

We look forward to getting to know and assist you and once again welcome aboard. Enjoy!

Further information is available on our website at: fmk.org.au

Yours Faithfully,

Peter Rudland (Secretary)



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