

# Forest Men's Kitchen



Welcome to the Men's Kitchen!

Your membership of the Forest Men's Kitchen has been approved 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.

You are encouraged 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 to meet your cooking journey needs, so please engage and let us know how to assist you to make the journey better.

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.

**Cooking Instructor and Cooking Session Coordinators:** Each time you attend one of our cooking sessions you will be supported by up to three people. The Cooking Instructor will be the lead person assisting you to learn your new cooking skills. The Cooking Instructor may be supported by an Assistant Instructor from time to time. By having two instructors you will be more assured of having the support you need to prepare your dishes on the day. Both the Cooking Instructor and the Assistant are very experienced cooks, and the Cooking Instructor is usually a very experienced chef.

There will also be a Cooking Session Coordinator who will run the cooking session from a practical point of view and open the centre, collect and distribute monies and close the centre up once we are done for the day.

**Annual Program:** For each group, we run ten cooking sessions each year. For the exact dates for your cooking sessions, please refer to our website: [fmk.org.au](http://fmk.org.au) or ask your Cooking Session Coordinator for a paper copy of your calendar. Please note the dates of each monthly cooking session carefully as some dates may be affected because school holidays limit venue availability.



**FOREST MEN'S KITCHEN Association Incorporated**

Website: [fmk.org.au](http://fmk.org.au) Email: [info@fmk.org.au](mailto:info@fmk.org.au) Phone: 0411 476 532

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**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 is encouraged and will be appreciated.

**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 enclosed and practical footwear in the kitchen and strap on a Men's Kitchen apron which we provide. You must also 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 an occasional small amount in the dishes we prepare, no alcohol is permitted.

**Recipes and Menu Planning:** At your next cooking session you will be presented with your personal recipe book folder containing a copy of our current cookbook. Bring it along to each cooking session so you can make notes on the recipes prepared and to assist with the planning of the subsequent cooking session menu. You are asked to actively contribute to the planning of the next menu and to volunteer to purchase the ingredients for that next session. Naturally you will be reimbursed for those costs.

**Attendance:** You are assumed to be attending your nominated monthly cooking session each and every month. However, if you are unable to attend for any reason, please notify your Cooking Session Coordinator whose contact details can be found on the calendar for your Kitchen.

**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.

**Clean up and Laundry:** After your use of kitchen facilities and lunch has been finished, the kitchen and dining area must be left 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. The full year membership fee is \$40.00. However, this is reduced pro-rata 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 partially 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 how you can become more involved.

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

Further information is available on our website at: [fmk.org.au](http://fmk.org.au)

Yours Faithfully,

Peter Rudland (Secretary)

**Old Dogs. New Tricks. Great Mates.**



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