

A person with their face obscured by a large, vibrant bunch of fresh green herbs, including basil, mint, and dill. They are wearing a light brown, button-down shirt and light-colored pants. The background is a plain, light-colored wall. The text 'PLANT-BASED COOKING PROGRAM' is overlaid in large, white, serif capital letters across the center of the image.

PLANT- BASED COOKING PROGRAM

WWW.URZIPSYCHOLOGY.COM

Welcome to our plant-based cooking program with a paddock-to-plate philosophy!

Our program is designed to help you discover the joys of plant-based cooking and embrace the principles of sustainable, ethical food production. We believe that the food we eat should be healthy, delicious, and in harmony with the environment. Through our paddock-to-plate philosophy, you'll learn about the journey of your food from the farm to your table. We source ingredients from local farmers and focus on seasonal produce to ensure the freshest, most flavourful dishes possible. Our classes are led by experienced plant-based cooks who are passionate about sharing their knowledge and helping you develop your culinary skills. Whether you're a beginner or a seasoned cook, our program is designed to meet you where you are and help you grow.

Our program will teach you how to:

- Cook delicious, healthy plant-based meals
- Understand where your food comes from and how it's produced
- Reduce your environmental impact
- Connect with a community of like-minded individuals

Details:

When: Weekly for six weeks, Friday 9-12 pm or 12-3 pm

Where: Tamborine Mountain

What to Bring: Support worker and a willingness to connect with others

Cost: NDIS approved

Visit www.urzipsychology.com for the complete list of our services.

For more info, call 0477884908 or email
admin@urzipsychology.com