



HEAT Cookbook Project

*An initiative of St Kilda Youth Services (SKYS)
Supported by corporate and community sponsors*

Food brings people together and encourages sharing of new experiences.

It's clear, the way forward is good food

HEAT (Hospitality Employment and Training) is a 14 week re-engagement program for young people between the ages of 15 and 20 who are not engaged in education, or employment due to issues such as homelessness, mental health, drug and alcohol misuse. HEAT offers an innovative program, giving students accredited training qualifications in the hospitality industry and work experience with local business.

2faze is a program providing an alternative to traditional secondary school with flexible learning tailored to individual needs.

HEAT and 2faze dramatically improve the lives of young people who are presently unemployed or disengaged from mainstream education. Both programs include a high level of youth support, with practical learning exercises designed to lead to a new direction in employment or further study.

HEAT and 2faze share a synergy by building self-esteem and confidence in young people -presenting them with real alternatives outside of what they may have thought possible. Elements of our students' food and media design expertise are showcased in an exciting NEW initiative.

To purchase a cookbook go to www.heat.org.au

NEW COOKBOOK

'The way forward is good food HEAT'

- Written by Neil Hargreaves, Richard Cornish and HEAT Chef Arnold Greiner
- Mouth watering recipes that are easy to make at home
- Recipes and cooking tips from well known chefs including Guy Grossi, Luke Mangan, Andrew McConnell and Ian Curley
- Heart felt stories from young people whose lives have been changed forever by participating in HEAT or 2Faze programs
- A professional 112 page cookbook, with an accessible RRP of \$24.95, delivered in November – the perfect Christmas gift!

100% of the profit from sales of the cookbook will go directly to HEAT to continue providing training, skills and strategies to inform young people about the myriad of opportunities they have in life to positively shape their own future and reach their full potential.

