

I'll do it myself!

helping **EVERYONE** build confidence
and independence through cooking.



www.fyieverybodycooks.com.au





I believe everybody should be able to cook something. It is one of those life skills that is so important. The positive cycle of confidence and independence through cooking has the flow on effect of the person feeling they can conquer anything.

DEBBIE HARRISON-STONE



about fyieverybodycooks

I love cooking, it is in my blood. My cooking skills and joy was passed down to me from my Grandma and Mum and I wanted to pass them onto Daniel. As his Mum it is my job to teach him how to cook for himself so I would always include and encourage Daniel to "help" in the kitchen. He loved it!

when I thought about the recipes, I knew he would need a different way to be able to follow them by himself. You see Daniel has an extra challenge, he has Down Syndrome, and learns by watching and copying others. Once I started to write them down in this new way, I thought, its not just Daniel who needs recipes like these, it's EVERYONE.

*learning to cook
turns impossibilities
into possibilities*

by changing the way recipes are presented, anyone no matter their abilities can cook it. This sparked the beginnings of fyieverybodycooks.

showing Daniel how to cook something really helped as he copied what I did. When he was cooking it in front of others it showed them that there are no limits and anyone can cook something. So this highlighted a need to 'show' how to make the recipes. As Daniel is SOOOO charming and charismatic, I thought the best way to show him, and everyone else, how to cook these recipes was through a cooking show. Daniel is a natural in front of the camera and a star was born!

to accompany the cooking show, I have written a cookbook, *party favs*, which is available in printed and digital form from www.fyieverybodycooks.com.au. A Braille version, an app, specialist website and kitchen equipment are in the works to further assist everyone to cook.

through the cookbooks and the cooking show, we hope to go global encouraging and showing EVERYBODY that they can cook too!.



CORPORATE arrangement

fyieverybodycooks is always excited to be working with community and corporate groups. The cookbooks and classes have many benefits to a number of communities and with the inclusion of online classes anyone in the world can participate. I designed the structure of fyieverybodycooks so that the 'chef' feels supported as they cook the recipe but still independent as they follow the steps themselves. It is a great resource tool for support workers, parents, Occupational Therapists, Physiotherapists and first time cooks.

*by working together, we can have everyone cooking,
of all abilities, all around the world.*

the arrangement, I am suggesting, is in the form of branded cookbooks in both printed and digital forms and cooking classes in person or online via Zoom. Through this arrangement the group or corporation would receive branded printed/digital copies of the cookbook which could be given away to members, used for promotional purposes or as a fundraiser for a charitable cause. It could also include cooking classes with Daniel and myself. We would promote our arrangement on the fyieverybodycooks website and social media channels as a friend of fy.



cookbooks

my aim is for fyieverybodycooks to be a 'feel good' socially responsible entity. Our sole purpose is to encourage and get everybody to cook, no matter their abilities. Being a part of fyi extends that feel good feeling or sense of social responsibility to your group or organisation.

purchasing cookbooks that are branded with your logo and being able to give them to members, on sell to support a group or charitable cause is a tangible way to extend the feel goods to your organisation and support our not for profit organisation fyieverybodycooks.

printed cookbooks

we would arrange to print off and brand a bulk amount of the cookbooks that would be shipped to you where it can be then on sold or given to supporters/families.

fyieverybodycooks would print the cookbook with your logo on the front cover and include an 'about us' page in the back of the book.

the only limitation is the retail value of the printed cookbook. The recommended retail price (RRP) of the printed cookbooks is \$29.95. Any monies charged for the cookbooks up to the RRP less the cost would belong to your community group/organisation.

the cost to print the branded cookbooks will depend on the quantity ordered. As the number of cookbooks ordered increases the cost per book decreases as per the table below.

| number | cost per book | total |
|---------------|---------------|----------------|
| 50 (1 box) | \$23.00 | \$1,150 ex GST |
| 100 (2 boxes) | \$21.50 | \$2,150 ex GST |
| 150 (3 boxes) | \$20.00 | \$3,000 ex GST |
| over 200 | \$18.50 | |

digital cookbooks

the digital version of the cookbook would also be branded with the groups logo. It can either be purchased through the fyieverybodycooks website with a specific code or for a once off fee an exclusive licence for a limited number of cookbooks will be granted and can be distributed to whomever you choose. These too can be on sold or given to supporters/families. The RRP of the digital cookbook is \$19.95.





cooking classes

Daniel and I have been doing cooking classes with community groups and in person for the last two years. During the pandemic, we saw an opportunity to have online cooking classes and found that they were just as much fun as in person. They are also very hands on as each participant cooks along with us.

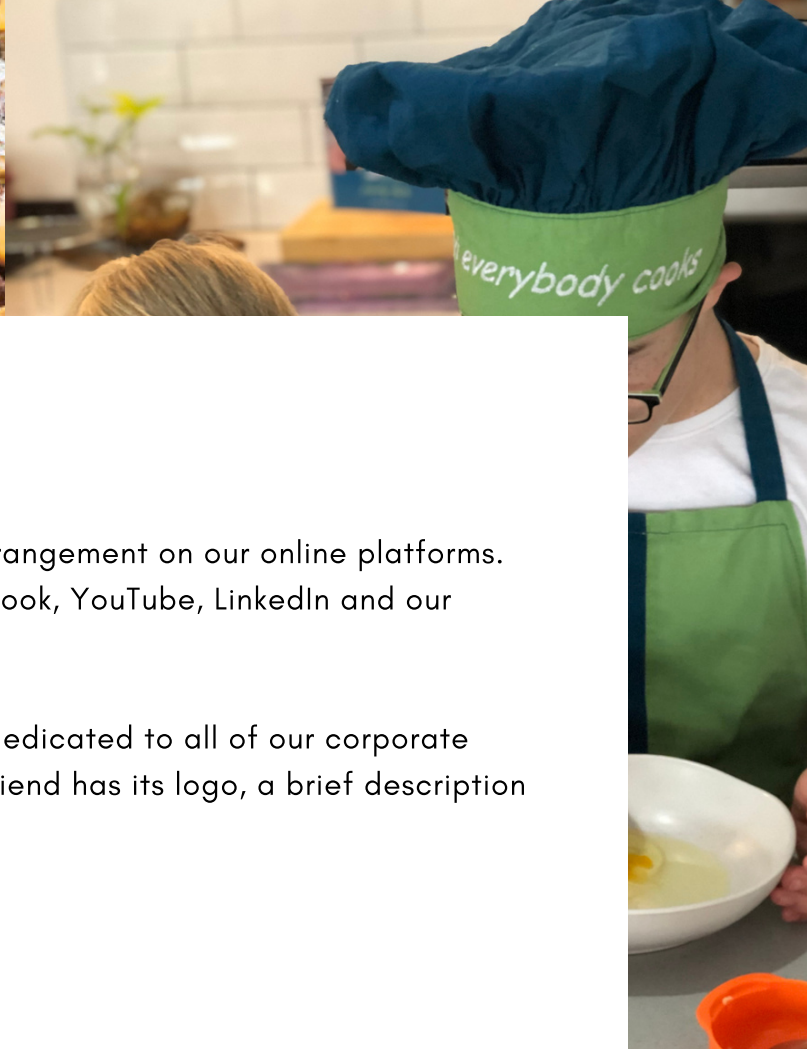
the online classes are charged as a set fee of \$150 (excluding GST). The fee includes both Daniel's and my time during the class, digital copies of the recipes, intellectual property in the recipes and a shopping list. The fee entitles your group to publish these recipes: on your website; in your printed media; or distribute to clients/supporters/families.

an invoice for an online cooking class will be sent one week before the scheduled class along with the recipe(s) and shopping list.

the classes take about 2 to 3 hours depending on what we are cooking and they are so much fun!



*learn to
cook like
a master chef,
your way!*



promotions

we are very happy to promote any corporate arrangement on our online platforms. Our current platforms include Instagram, FaceBook, YouTube, LinkedIn and our website www.fyieverybodycooks.com.au.

our website has a 'friends of fyi' page which is dedicated to all of our corporate friends and supporters. Here, each corporate friend has its logo, a brief description and links to their website and social media.

I would love the opportunity to work with community groups and corporates, such as yourselves, to assist both of us in becoming socially responsible, amazing entities who want everybody to cook!

for more information or discuss tailoring a corporate arrangement to suit you, please contact me on **0419 967 687** or hello@fyieverybodycooks.com.au. Also check out our Instagram, FaceBook, or LinkedIn to see what we have been up to and watch a couple of the shows on YouTube to see the funny and charming star - Daniel, at his best!

Debbie Harrison-Stone

creator, author and Mum to the star!

