



Adele's

KREATIVE KITCHEN

for Kids





Teaching children with disabilities to cook

South Australian hair-dresser, Adele Fragnito, had more than winning on her mind when she entered one of television's most successful franchises; Master Chef.

When her son, Michael, was seven years old Adele started teaching him to cook. As someone with an intellectual disability, Michael had trouble sequencing and with his speech development. Amazingly, cooking helped Michael to learn not only nutrition and how to independently prepare meals, but personal development skills that would help with his disability.

18 years on, Adele Fragnito has another project close to her heart – teaching other children with disabilities how to cook. “For a mother to know that her disabled child can prepare and cook nutritious meals is a wonderful thing,” says Adele. “I want to help other children do what Michael now does very successfully.”



Novita supports those that support us

Since leaving Master Chef, Adele has committed herself to raising funds for Novita and laying a foundation to assist us to develop a project we have called “Adele’s Kreative Kitchen for Kids”.

By cooking and fundraising Adele has presented over \$5,000 to Novita and shows no signs of slowing down.

“I am passionate about this project and see it as something that will continue well into the future,” she says. “Teaching children independence and nutrition is a priority as I see how much my own son has gained from this.”





A unique opportunity for Festival City Wines

Festival City Wines Food and Liquor has an impressive history as one of South Australia's most successful providers of wines, spirits and hospitality produce with over 3500 lines in its portfolio.

As a substantial company owned by three families, the Directors know the challenges and joys of raising children – and this opportunity provides a unique platform to both promote the Festival City brands and to show support for families with children who have multiple disabilities – just like the children that Novita Children's Services supports.

Adele's Kreative Kitchen for Kids is a high-profile project that seeks to teach children with physical and/or intellectual disabilities how to cook nutritious and varied meals that will give them some level of independence. In addition, cooking can provide added educational benefits to children that will supplement the therapies provided to them by Novita.



How can you help?

Adele's Kreative Kitchen for Kids needs a venue; a commercial kitchen that can accommodate up to ten children, possibly more. This venue should also be suitable for filming as this project will attract television and other media interest.

An objective is to develop a television special based on the project and follow the development of these children. The commercial kitchen being built at 982 Port Road, Albert Park, may be the perfect venue.

It is envisaged that such a kitchen would be used one or twice weekly or as negotiated. As this project is in its infancy, this is the ideal time to develop a relationship based on mutually agreed criteria, exposure and benefits.

Further, ingredients for cooking and food preparation will be required to be sourced providing to Festival City Wines added benefits for the project.



Cooking and Cook Book Development

Part of this project is to develop a Cook Book easily used by children with and without disabilities. All sponsors and supporters will be acknowledged in the Cook Book which will include nutritious recipes for;

- Meat Loaf
- French Toast with Fruit
- Pancakes
- Pizza
- Pasta and Bolognaise
- Roast chicken
- Broccoli bake
- Chilli con carne
- Guacamole
- Cold rolls
- Sushi
- Cup cakes
- Scones
- Vegemite scrolls





Novita supports over 1300 children living with disabilities including spina bifida, cerebral palsy, muscular dystrophy, acquired brain injuries, autism and special needs.

Our services and provided free of charge to clients some of whom need \$100,000's worth of equipment and special therapies annually.

Adele's Kreative Kitchen for Kids will not only increase the skills and independence of children but also be a platform from which Novita can raise much needed funds.

Your support will be highly valued with Novita in a position to provide commercial benefits back to Festival City Wines through your support of this unique project.

(Madison, aged three)





Festival City Wines and Novita Together

Novita has a marketing department that supports media liaison, sponsorship relationships and the ability to promote the fundraising and other activities that ensure Novita keeps providing its services.

As a not-for-profit service provider with a 70 year history, Novita has the credibility, financial acumen and government support to ensure Festival City Wines is linked to a legitimate, responsible and on-going project.

Festival City Wines will be acknowledged as a major sponsor of Adele's Kreative Kitchen for Kids and appear on Novita's website, in our 'Novita News' publication, on all promotional material generated by Novita, on banners developed for Adele's Kreative Kitchen for Kids, through any media generated by Novita and acknowledged verbally and visually in agreed ways.



Adele Fragnito and her sons, Matthew and Michael, have created great dishes and precious memories together.

From her kitchen to yours, Adele's Kreative Kitchen for Kids is a unique project that will teach children with disabilities not only nutrition and independence but valuable personal development skills.

“Knowing my children, especially Michael, will always be able to prepare and cook themselves nutritious meals is one weighty problem I won't have to worry about again” says Adele, who started teaching Michael to cook when he was seven years old.





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Matthew (aged four)