

Food Business Training: Learn & Launch

Training Program | Affordable Kitchen Space | Mentoring
For Refugees, New Migrants, Women & First Nations people

About the FoodLab Program

Our training program teaches you how to operate a commercial food business in Sydney. From navigating legal regulations, tax law and food safety standards to refining the art of menu design, you'll gain the skills and confidence to launch, manage, and grow your own food business.

This course is ideal for those operating catering, food trucks, cafes, restaurants, market stalls, or product-based food businesses at an early stage who are serious about commercialising their offering.

What we offer

- 10 Core Workshops
- Feedback provided on compulsory homework
- 4 guided one-on-one strategy sessions
- 4 one-hour ask-me-anything sessions
- 1 day paid kitchen hours with our catering business, opportunities for more staging
- Commercial Kitchen Access - 1 day free per month during training program

*program offerings subject to change



Attend our Free Open Days
6 May, 29 May, 11 June

For participants who attend all workshops and complete the homework, we offer:

- 12 months subsidised kitchen access at \$13.50 per hour
- Free food photography session
- Personalised social media session
- Eligibility for optional revenue-generating catering opportunities from FoodLab's network



"FoodLab has been my biggest support to date.

It is because of FoodLab that I am where I am, I have had more confidence and happiness than ever.

I am now an independent business owner, catering and selling products with Malaysian recipes that I learned from my father."

Malar - Sangee's Kitchen



Food Business Training: Key Dates

#	Workshop	Date, Time, Location
O1	Open Day - <u>Free</u> For Any Eligible Applicants (Topic: Basic Legals)	Tues 6th May, 10:30am - 12:30pm FoodLab Kitchen*
O2	Open Day - <u>Free</u> For Any Eligible Applicants (Topic: Basic Costings)	Thurs 29th May, 10:30am - 12:30pm FoodLab Kitchen
O3	Open Day - <u>Free</u> For Any Eligible Applicants (Topic: Basic Marketing & AI)	Wed 11th June, 10:30am - 12:30pm FoodLab Kitchen
-	Final Deadline for Applications	Mon 30th June, 5pm, Website
-	All Applicants Notified of Outcome	Wed 16th July, 5pm, Email
1	Introduction & Business Foundations	Wed 23rd July, 10:30am - 12:30pm FoodLab Kitchen
2	Marketing & AI	Tues 29th July, 10:30am - 12:30pm FoodLab Kitchen
3	Analysing Finances	Tues 12th August, 10:30am - 12:30pm FoodLab Kitchen
4	Kitchen Operations	Tues 26th August, 10:30am - 12:30pm FoodLab Kitchen
5	Menu Design 1 - Composition, Style, Identity	Tues 9th September, 10:30am - 12:30pm FoodLab Kitchen
6	Menu Design 2 - Costing, Pricing, Fine-Tuning	Tues 23rd September, 10:30am - 12:30pm FoodLab Kitchen
7	Legal and Reporting Obligations	Thurs 2nd October, 10:30am - 12:30pm FoodLab Kitchen
8	Admin Basics	Tues 21st October, 10:30am - 12:30pm FoodLab Kitchen
9	Sales and Social Media	Tues 4th November, 10:30am - 12:30pm FoodLab Kitchen
10	Developing Systems	Tues 18th November, 10:30am - 12:30pm FoodLab Kitchen

*Register for Open Days on our website. Workshops held at FoodLab Sydney are 34 Cosgrove Road, Strathfield South 2136. There are transport and parking options available.

Eligibility and Entry

- Cost is \$250. Subsidies, scholarships or payment plans are available for all to attend.
- Eligible for people from refugee, migrant, First Nations backgrounds, or women on Centrelink support.
- Ideal business stage is an early stage to growth stage.
- Basic English literacy and spoken English ideal.
- Passion, enthusiasm and perseverance to sustain a food business over 3+ years is expected to establish a solid foundation.
- An application to FoodLab via our website & interview is required for the program.

More information

Please visit our website in the QR code below or email: apply@foodlabsydney.org.au

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