Country Kitchens Training PATHway Overview

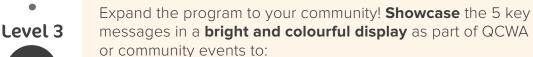


Promoting Country Kitchens

Learn the basics of the program including sharing the **program newsletter**, what **makes a recipe healthy** and how to **access program resources** to:

- Attract new members
- Gain basic nutrition knowledge
- Gain skills in health promotion

Perfecting your Showcase



- Build awareness of the QCWA
- Improve the health of your community
- Gain skills in public speaking







Hands on Nutrition Workshops

Join this **full day, in-person training** event to learn everything you need to know to **host a Hands on Nutrition workshop** to:

- Teach community members valuable cooking skills
- Fundraise for your branch
- Gain skills in group facilitation

Partnerships

Level 5

Learn how to plan and run **ongoing activities** in your community through **partnering with organisations** such as schools, community groups, local councils to:

- Develop partnerships of mutual benefit
- Affect positive behaviour change in your community
- Gain skills in project planning







Advocacy

Advocate for **positive health-related change** in your community! Learn how to **develop resolutions** related to nutrition and health issues to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership