



2022 Country of Study - Australia

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study in line with our 5 key messages. The 2022 Country of Study, Australia, was an exciting project for the team, with Australian cuisine being a melting pot of influences from various cultures and people who call Australia home!

To help you put an Australian twist on your Country Kitchens activities, we have developed four new resources, including: (1) Australia Community Activity Guidelines; (2) Australian Recipe Booklet; (3) Native Australian Ingredients Flip Cards and (4) Native Australian Bush Foods Poster.



Australia Community Activity Guidelines

The Australia Community Activity Guidelines provide an outline of three Country Kitchens activities that you can complete in your branch or community to promote this year's Country of Study.

The activities support Levels 2 and 3 of the Country Kitchens PATHway. They are set out in a similar way to the activities in our Facilitator Guidelines and consist of a resource guide, event checklist and session plan template to help you plan and undertake the activities.

ACTIVITY 1: Australian Recipe Promotion

- Choose one of our Country Kitchens approved Australian recipes and complete a healthy recipe promotion at your branch or division international events, or out in your community.
- Complete this activity to promote the key messages 'cook at home' and 'get more fruit and veg into your meals'.

ACTIVITY 2: Australian Showcase

- Incorporate our various Country of Study resources into an Australian themed showcase! You might wish to include some taste testers or a recipe demonstration using the Australian recipe booklet too.
- Complete this activity to promote all 5 of the key messages.



2022 Country of Study - Australia continued...

ACTIVITY 3: Walk Queensland

- Get a team together and walk around Queensland! Nominate a team captain and track your steps until you have made it through all eight stops across the state. As you reach each new city, you will learn some interesting facts about each place listed in the guidelines.
- Complete this activity to promote the key message 'sit less, move more.'

Australian Recipe Booklet

The Australian Recipe Booklet contains our collection of 16 healthy recipes to help you complete a recipe promotion activity. These recipes encompass the diversity of Australia's food culture, with influences from various cultures and groups who call our country home. Contact your CK buddy if you would like to order extra hardcopies of the recipe booklet to hand out at branch or division international events.

Australian Native Ingredients Flip Cards

Use our flip cards to test your knowledge of native Australian bush foods! The flip cards feature 9 different native ingredients and share some interesting facts about each one. This is a great activity to incorporate into your next Country Kitchens showcase or at international events. Simply read the question out on the front, ask participants to share their thoughts and flip it over to read the answer.

*Each branch will receive **one hardcopy** of our Country of Study resources to **share with all members**. If one of your branch's CK facilitators was in attendance at the International Study Conference, they should have received your branch's resource pack. For those not at conference, we will send the packs out via post over the coming weeks. A digital copy of all three resources is also available [on our website](#).*

If you use any of the Country Kitchens Australia resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call or tag us on social media (**Facebook: @qcwacountrykitchens, Instagram: @countrykitchens**). And as always, don't forget to include any Country Kitchens Country of Study activities in your monthly branch reports! We hope you enjoy the resources as much as we do.