



QCWA Primary Product 2023: Dragon Fruit

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Primary Product through the lens of the Country Kitchens 5 key messages.

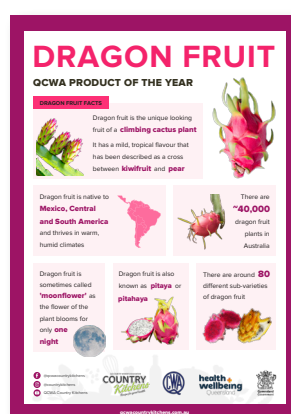
To help you promote dragon fruit in your branch and community throughout 2023, Country Kitchens has launched four resources, including: (1) Dragon Fruit Community Activity Guidelines; (2) Dragon Fruit Flip Cards; (3) Dragon Fruit Poster; and (4) Dragon Fruit Recipe Booklet.



Dragon Fruit Community Activity Guidelines



Dragon Fruit Flip Cards



Dragon Fruit Poster



Dragon Fruit Recipe Booklet

Dragon Fruit Community Activity Guidelines

The *Dragon Fruit Community Activity Guidelines* provide background information on the primary product of the year and highlight some of the nutritional benefits of this delicious fruit. The guidelines also list three potential activities that you or your branch could be involved in, that support Levels 2 and 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guidelines training booklets and consist of a resource guide, event checklist and session plan template to help you undertake the activities. Use the community activity guidelines in combination with the *Dragon Fruit Recipe Booklet*, *Dragon Fruit Flip Cards* and *Dragon Fruit Poster*.

Activity 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the Dragon Fruit Recipe Booklet resource. There are nine recipes to choose from, all great for completing a recipe promotion at your branch or community events. Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.



Activity 2: Stuffed Felt Dragon Fruit

Get crafty with our fun stuffed dragon fruit activity! This is perfect to incorporate into your next craft day. The finished felt dragon fruit also makes a great addition to a showcase display. Complete this activity to promote the key message 'get more fruit and veg into your meals'.



Activity 3: Dragon Fruit Showcase

Give your next showcase a dragon fruit theme by following the tips outlined in this section. Make some dragon fruit bunting, prepare a dragon fruit recipe as taste testers and make use of the various resources we have available to highlight next year's QCWA primary product. This activity promotes all 5 of the Country Kitchens key messages.



Using the Product of the Year Resources

Each branch will receive a dragon fruit resource pack consisting of a copy of the *Community Activity Guidelines*, *Flip Cards*, *Poster* and *Recipe Booklet*. For branches with a Country Kitchens facilitator, these packs will be sent either by post or delivered by your buddy at your next event.

To order more copies of the Dragon Fruit Recipe Booklet, get in touch with your Country Kitchens buddy. Alternatively, you can download a digital copy of the resources from our website [here](#).

If you use any of the Country Kitchens dragon fruit 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 dragon fruit activities in your monthly branch reports! We hope you enjoy the resources as much as we do.

