



Nut Ed  
by email

## Level 4: Hands on Nutrition Workshops - Healthy Lunchboxes

Hands on Nutrition Workshops are a great way to connect the community with your branch for a day of fun, learning and health promotion. They are half day workshops that are run with a group of up to 12 participants from your community. There are two main types of Hands on Nutrition Workshops – cooking or craft. The cooking HONW can be easily tailored to have a healthy lunchbox focus, making it perfect for running with groups of school children and their parents.

Each cooking-based Hands on Nutrition Workshop has three main sections:

- Recipe demonstration
- Nutrition education of the Country Kitchens 5 key messages
- A hands on cooking activity (i.e. participants cook a Country Kitchens recipe in groups of 2-3)

Each one of these sections can be tailored to give your HONW a lunchbox focus. We will go through each section in more detail and outline the corresponding lunchbox-themed resources the team has developed.

### Recipe Demonstration

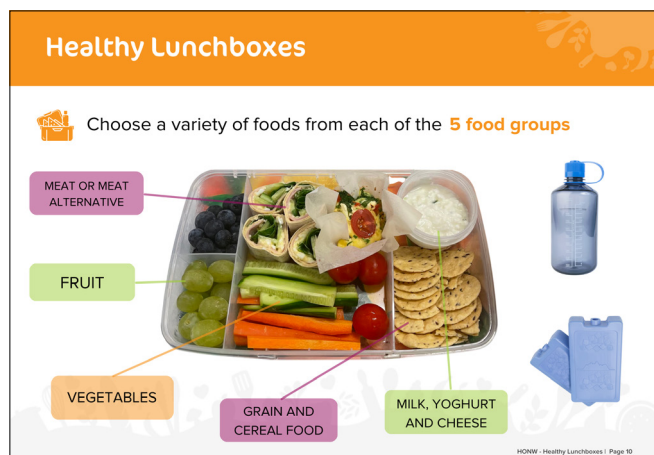
Most HONW that involve cooking will kick-off with a healthy recipe demonstration. This is a good way to engage your audience right from the start and is an opportunity to share knife skills with participants before they undertake the hands-on cooking activity. The recommended demonstration recipe for a standard HONW is the Rainbow Frittata Muffins recipe, as it lends itself well to demonstrating the chopping of various vegetables. Because this recipe is also categorised as a healthy lunchbox recipe, it would be suitable to demonstrate as part of a lunchbox focused HONW. Alternatively, you might like to choose a different recipe out of the Healthy Lunchbox Recipe Booklet to demonstrate instead. Make sure to always check with your buddy that the chosen recipe is suitable for a live demo.

### Nutrition Education

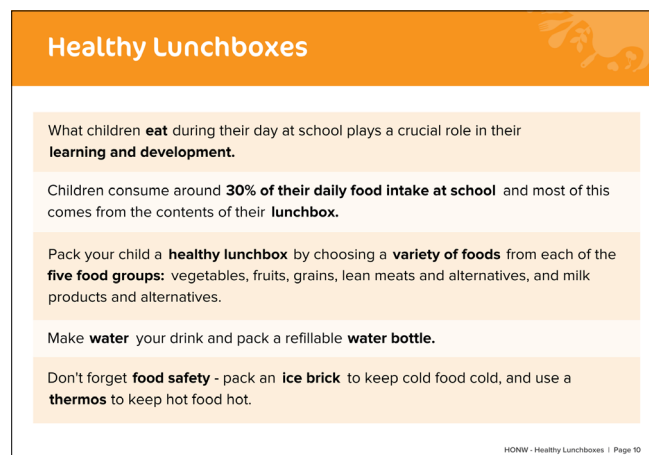
The nutrition education section of a HONW is delivered using the Nutrition Education Flipbook, which provides a simple to follow presentation about the Country Kitchens program and 5 key messages. The flipbook is an A3 easel style book that can sit upright on a tabletop or counter. It has an A-frame base and is bound at the top edge, to allow the pages to turn easily. The flipbook has two sides. The front side has a visual for participants to look at, and the back side contains talking points to be covered by the facilitator.

To tie the nutrition education back to healthy lunchboxes, the team has developed an additional two pages that can be added to the end of the flipbook. These pages outline what sorts of foods are important to include as part of a healthy and balanced lunchbox and share some tips and tricks for parents. Below is an example of one of the healthy lunchbox flipbook pages. The 'participant side' shows what your audience will see and the 'facilitator side' is what you as the presenter sees. The notes can be read aloud word for word, or, if you feel confident, they can be used to guide what information you will cover in your own words.





Participant Side



Facilitator Side

## Hands on Cooking Activity

The final section of a HONW is the hands-on cooking activity. This is a core component of HONW's and is an opportunity for you to directly teach cooking skills to your participant group. During this activity, participants will split into groups of two or three and make a Country Kitchens recipe together. For a standard HONW, we recommend choosing three recipes from the HONW Recipe Booklet. For a lunchbox focused workshop, we would simply swap these recipes out for lunchbox-suitable recipes instead. These can be chosen out of the Healthy Lunchbox Recipe Booklet. Not all of the recipes in the Healthy Lunchbox Recipe Booklet are suitable to be made within the constraints of a workshop setting, so make sure to always check in with your buddy first.

All participants will get to take home a copy of this recipe booklet which collates our most popular lunchbox recipes and summarises the lunchbox-specific information shared during the nutrition education part of the workshop.

## Benefits of Running a Healthy Lunchbox HONW

There are a range of benefits to running a Hands on Nutrition Workshop including:

- **To you:** an opportunity to improve public speaking and group facilitation skills.
- **To your branch:** an opportunity to showcase your branch to the general public and potentially increase membership. HONW's can also help to fundraise money for your branch as it's recommended participants are charged between \$10-\$20 to attend a workshop.
- **To your community:** an opportunity to learn practical, hands-on skills that will enable them to lead healthier lifestyles and put the 5 key messages into practice.

More specifically, lunchbox focused HONW's are an opportunity for you to pass on valuable skills to parents and inspire them to create healthy and enjoyable lunchboxes for their children. Children consume around 30% of their daily food intake at school, and what they eat at school plays a crucial role in their learning and development. A lunchbox HONW is also an opportunity for you to connect and build partnerships with your local school, day care or community centre in order to reach parents and children within your community.

As we approach the start of the school year, now is a great time to start thinking about and planning your first lunchbox HONW! If you have attended a Level 4 training and are ready to start planning your first HONW, get in touch with your CK Buddy.