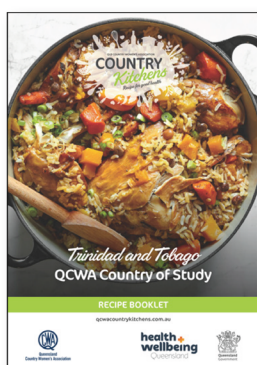




QCWA 2023 Country of Study: Trinidad and Tobago

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study that incorporates the program's 5 key messages.

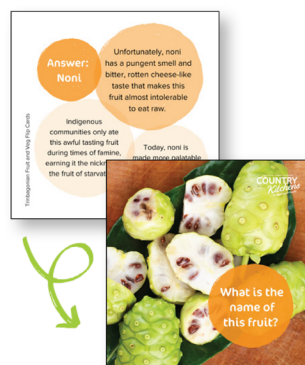
To help you promote Trinidad and Tobago in your branch and community throughout 2023, Country Kitchens has launched five new resources, including: (1) *Trinidad and Tobago Community Activity Guidelines*; (2) *Trinbagonian Fruit and Vegetable Flip Cards*; (3) *Trinidad and Tobago Poster*; (4) *Trinbagonian Recipe Booklet*; and (5) *Trinbagonian Recipe Cards*.



Trinbagonian
Recipe Booklet



Trinbagonian
Recipe Cards



Trinbagonian
Fruit and Veg Flip Cards



Trinidad and Tobago
Poster

Trinidad and Tobago Community Activity Guidelines

The *Trinidad and Tobago Community Activity Guidelines* provide background information on the Country of Study about cuisine, popular dishes and kitchen staples. The guidelines also outline the four potential activities that you or your branch could complete to promote this year's Country of Study 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 Guideline 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 *Trinbagonian Recipe Booklet*, *Trinbagonian Fruit and Vegetable Flip Cards* and *Trinidad and Tobago Poster*.

Activity 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the *Trinbagonian Recipe Booklet*. There are eight delicious recipes to choose from for your next recipe promotion at your branch or community event. Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.



Activity 2: Trinidad and Tobago Showcase

Incorporate Trinidad and Tobago into your next showcase with our colourful resources to highlight this year's Country of Study. Display our poster and interact with the public with our fun fact flip cards about Trinbagonian fruit and vegetables! Prepare a taste tester from the *Trinbagonian Recipe Booklet*, or kick it up a notch and complete a live cooking demonstration! This activity promotes all 5 of the key messages.



Activity 3: Walk Trinidad and Tobago

Reach your 10,000 steps by completing this *Walk Trinidad and Tobago* activity with your branch, family or group of friends! Stop at eleven attractions around the two islands as you accumulate 444,600 total steps over time. This is a great way to learn about the different destinations of the Country of Study, and engage in some healthy competition! Complete this activity to promote the key message 'sit less move more'.

Activity 4: Cricket Warm Up

Get into the spirit of Trinidad and Tobago's most popular sport with some cricket warm up stretches that have been inspired by former Australian cricketer Merv Hughes and his infamous warm-up with the crowd. Improve your QCWA branch and community's coordination and flexibility by running through seven short warm up exercises. This activity also promotes the 'sit less move more' key message.

Using the Country of Study Resources

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

To order more copies of the *Trinbagonian Recipe Booklet*, get in touch with your Country Kitchens buddy. Alternatively, you can download a digital copy of the resources from our website [here](https://countrykitchens.qcwa.org.au).

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