



## QCWA Country Kitchens

Country Kitchens is a health promotion program funded by Health and Wellbeing Queensland, run in partnership with the Queensland Country Women's Association.

Country Kitchens facilitators run health promotion activities with the public and organisations such as schools, local councils and a wide range of community groups.

Country Kitchens facilitators promote our 5 key messages through a range of activities tailed to the needs of their communities. Turn over the page to find out what our 5 key messages are and why they're so important.

Head to our website to find out about upcoming events. To find your nearest QCWA branch visit: [qcwa.org.au](http://qcwa.org.au)

[qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)



# Country Kitchens 5 Key Messages



## Get more fruit and veg into your meals

- Eating fruit and vegetables every day is important for good health
- Try to include them in every meal to ensure you're getting enough
- Different coloured fruits and vegetables have different vitamins and minerals, so try to "eat a rainbow"!



## Cook at home

- Takeaway and convenience foods are often high in unhealthy fats, added sugar and salt
- Cooking at home gives you more control over the ingredients, making it easy get more fruit and veg in your meals



## Check your portion size

- It's important to make sure you are eating the right amount of each of the five food groups
- Ensure you are getting enough vegetables, fruits, and grains, as well as meat and milk products and/or their alternatives



## Be aware of sugar in your drinks



- Sugar sweetened drinks continue to be a major health concern, particularly for children and youth
- They can lead to tooth decay and excessive weight gain
- Limit your intake of beverages such as soft drinks, energy drinks and fruit drinks. Water is always the best option!



## Sit less, move more

- Being physically active every day is important for the health of all, no matter your age or ability
- It gives you more energy, increases self-confidence and can help increase bone strength
- Aim for at least 30 minutes of physical activity every day

To learn more, head to our website: [qcwacountrykitchens.com](http://qcwacountrykitchens.com) or contact us at:

 [countrykitchens@qcwa.org.au](mailto:countrykitchens@qcwa.org.au)  [@qcwacountrykitchens](https://www.facebook.com/qcwacountrykitchens)  [@countrykitchens](https://www.instagram.com/countrykitchens)