

# PATH - Promoting and Advocating Together for Health

## QCWA Country Kitchens Facilitator Training PATHway



WHAT'S MY WHY?						LEARNING OUTCOMES	
I want to lead positive change and contribute to long-term health outcomes in my community	→					Advocacy	<ul style="list-style-type: none"> <li>Leadership skills</li> <li>Research skills</li> <li>Stakeholder engagement skills</li> </ul>
I want to help my community develop healthy eating and lifestyle behaviours	→			Back to Basics	Back to Basics	<ul style="list-style-type: none"> <li>Partnership development skills</li> <li>Project planning and event management skills</li> </ul>	
I have a passion for food, cooking and teaching others skills in the kitchen	→		Hands on Nutrition Workshops	Hands on Nutrition Workshops	Hands on Nutrition Workshops	<ul style="list-style-type: none"> <li>Food literacy knowledge</li> <li>Group facilitation skills</li> <li>Culinary skills</li> </ul>	
I am keen to raise awareness about QCWA and help improve the health of my community	→		Showcases	Showcases	Showcases	<ul style="list-style-type: none"> <li>Networking skills</li> <li>Cooking or craft demonstration skills</li> </ul>	
I would like to get up-to-date nutrition information to improve my own health and the health of my family	Promoting Country Kitchens and Recipe Promotion	Promoting Country Kitchens and Recipe Promotion	Promoting Country Kitchens and Recipe Promotion	Promoting Country Kitchens and Recipe Promotion	Promoting Country Kitchens and Recipe Promotion	<ul style="list-style-type: none"> <li>Basic nutrition knowledge</li> <li>Health promotion skills</li> <li>Basic marketing skills</li> </ul>	
<b>Training PATHway</b> Suggested timeframe	<b>LEVEL 1-2</b> 0-2 months	<b>LEVEL 3</b> 2-4 months	<b>LEVEL 4</b> 4-12 months	<b>LEVEL 5</b> 12+ months	<b>LEVEL 6</b> 12+ months		

