

## Healthy Recipes

The Country Kitchens program team and facilitators have developed hundreds of healthy recipes that meet our nutrition criteria. These recipes are available online on our website, in our cookbooks or distributed on recipe cards at our events. If you are looking for some delicious recipe inspiration, head to the 'Healthy Corner' of our website.



Join Us Today!

Want to keep up with the Country Kitchens program?

Head to our website to subscribe to our Monthly Munch newsletter!






## Our Cookbooks

With a reputation as 'blue ribbon' cooks, QCWA members have shared their favourite recipes and modified traditional dishes to create a collection of delicious and healthy recipes. Our cookbooks are available for sale so head to the website or call us to order your copy today.



## Follow us on social media!

-  @qcwacountrykitchens
-  @countrykitchens
-  QCWA Country Kitchens

## Contact information

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Queensland  
Country Women's  
Association

health+  
wellbeing  
Queensland



Queensland  
Government

Welcome to  
Country Kitchens



# COUNTRY Kitchens

Recipe for good health



## Our 5 Key Messages

The Country Kitchens program promotes 5 key messages. These messages are supported by scientific evidence and provide simple, accessible and effective ways to improve your health and wellbeing.

Our Country Kitchens facilitators engage communities to participate in a variety of localised, fun-filled activities, learning nutrition basics and cooking delicious, healthy meals. Every activity promotes one or more of the Country Kitchens programs 5 key messages:

- Get more fruit and veg into your meals
- Cook at home
- Check your portion size
- Be aware of sugar in your drinks
- Sit less, move more

Visit our website for more information and to see when a Country Kitchens activity will be taking place in your local area!



## Recipe for Good Health

The Queensland Country Women's Association's (QCWA) Country Kitchens program supports Queenslanders to improve their health by adopting healthier lifestyle behaviours, particularly for those living in rural, regional and remote locations.

Our team of dietitians and nutritionists provide training and support to QCWA members who volunteer to be facilitators of the program.

Country Kitchens facilitators run health promotion activities in their local communities and partner with organisations such as schools, local councils and a wide range of community groups.

The QCWA's Country Kitchens program is improving food and nutrition literacy, and importantly, influencing behaviour change at a grass roots level. Country Kitchens is funded by the Queensland Government through Health and Wellbeing Queensland.



## How to Get Involved

With over 3000 members and 225 branches statewide, the QCWA has members from all walks of life. We are Queensland's largest women's organisation.

Country Kitchens facilitators lead our commitment to the Country Kitchens program, promoting the 5 key messages through showcases, cooking and nutrition workshops, walking groups, community gardens, mums and bubs groups and activities for school children.

If you are interested in improving the health and wellbeing of your community, contact us at [countrykitchens@qcwa.org.au](mailto:countrykitchens@qcwa.org.au) or call **0417 539 663**.