

Level 4: Cooking on a Budget Hands on Nutrition Workshops

Country Kitchens has 6 levels of the training PATHway. Each level is tied to a community activity that facilitators can choose to run in their communities to promote a healthier and the Country Kitchens 5 Key Messages. Level 4 of the PATHway is all about running Hands on Nutrition Workshops (HONW). They are half day workshops that are run by Country Kitchens facilitators with a group of up to 12 participants from the community. The cooking on a budget version of this workshop is perfect to run with groups that have basic cooking skills and are interested in learning how to make healthy and affordable meals for themselves and their families.

Whether you are new or you have already run a standard HONW, you might like to consider a cooking on a budget HONW to support your community in making affordable and healthy choices. The cooking on a budget HONW follows the same structure as the classic HONW, though the education component is different. The education is designed to highlight how healthy eating and healthy cooking is possible whilst adhering to a budget.

The workshop includes:

- Healthy recipe demonstration
- Nutrition education based on the Country Kitchens 5 key messages and tips for cooking on a budget
- Hands on cooking activity where participants cook a budget friendly Country Kitchens recipe

Recipe Demonstration

The recipe demonstration is a great starting point as it allows you to engage the audience. The recommended demonstration recipe for a standard HONW is the Rainbow Frittata Muffins recipe because it allows you to demonstrate chopping a bunch of vegetables. This recipe can also be used for the cooking on a budget workshop because it is a budget friendly recipe and the recipe lends itself to swapping out seasonal ingredients or using vegetables that are frozen or getting to the end of their life, thus, reducing waste. If you would like to choose a different recipe to demonstrate, check with your buddy that your chosen recipe is suitable for a live demo. During the demonstration, the demonstrator cheat sheet will provide you with talking points about why the recipe is a healthy choice.



Nutrition Education


The nutrition education section of a HONW is delivered using the Nutrition Education Flipbook. The A3 flipbook has two sides and sits on an A frame on a desk. It has been designed to simplify the nutrition education portion of the workshop. The front is what participants will see and the back contains talking points to be covered by the facilitator. The notes can be read to the participants word for word, or, if you feel confident, they can be used as a prompt so that you can change the information into your own words. The cooking on a budget flipbook extension pages include tips on meal planning, storage and buying produce to make nutritious meals fit within a family food budget.



Below is an example of one of the cooking on a budget flipbook pages. The 'participant side' shows what your audience will see and the 'facilitator side' is what you as the presenter sees.

Budgeting Tips

- Stock up on **staples**
- Make easy **swaps**
- Embrace **imperfect F&V**
- Buy in **season**
- Grow your **own**



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Participant Side

Budgeting Tips

Stock up on pantry staples: A cleverly stocked pantry allows you to make quick, nutritious meals that don't call for specialty ingredients and a last-minute run to the supermarket.

Make easy swaps: Cooking flexibly allows you to use what you've already got, meaning you'll save money and cut down on waste, too. If you get to the store and notice a similar ingredient to the one on our list is on sale, make the swap!

Embrace imperfect fruit and veg: Many stores now sell imperfect produce, which looks a little different but is cheaper and still just as nutritious as what we are used to buying.

Buy in season: Cooking with seasonal fruit and veg is a great way to try new flavours, keep your diet varied and save money, as seasonal produce tends to be more affordable.

Grow your own: Growing your own fruit and veg is a great way to cut down on your food bill. If you've got a garden, patio or sunny windowsill to work with, there's plenty of potential for home-grown food.

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Facilitator Side

Hands on Cooking Activity

The final section of a HONW is the hands-on cooking activity. This is a core component of HONWs 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. We recommend choosing three recipes from the HONW Cooking on a Budget recipe book. A copy of this book can be obtained from your Country Kitchens Buddy. You may also like to choose your own affordable Country Kitchens recipe and cross check its feasibility in a workshop format with your CK buddy. Once the cooking is done, participants may sit to share a social meal or take the food home for themselves or their family.

Benefits of Running a Cooking on a Budget 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, one of the Country Kitchens five key messages is to cook at home. Currently around 30% of average household income is spent on meals outside of home. With rising cost of living, using these workshops as an opportunity to share your skills around cooking low-cost meals at home will make grocery shopping and mealtimes less stressful for individuals and families. These workshops are where you have the potential to have an impact on the health of your community by increasing their skills and showing them it is possible to cook healthy and affordable meals.

If you would like to know more about the Cooking on a Budget HONW extension, please get in touch with the team.