

Level 4: Cooking for 1 or 2 Hands on Nutrition Workshops

Hands on Nutrition Workshops are half day workshops that are run by Level 4 trained Country Kitchens facilitators with a group of up to 12 participants from the community. The cooking for 1 or 2 version of these workshops are perfect to run with participants that have basic cooking skills and are interested in learning how to plan meals to reduce food waste and create healthy and affordable meals at home.

If you have not yet run a HONW, it is recommended to run the standard workshop first. Once you have done so and you are feeling confident, you might like to consider a cooking for 1 or 2 themed workshop. The cooking for 1 or 2 HONW follows the same structure as the classic HONW though the education component is different. The education specifically focuses on teaching food literacy skills around planning healthy meals to cook at home and reducing food waste when cooking for 1 or 2 people.

Similar to general HONW, the structure for a cooking for 1 or 2 HONW is as follows:

- Healthy recipe demonstration
- Nutrition education based on the Country Kitchens 5 key messages and tips for planning meals to cook for 1 or 2
- Hands on cooking activity where participants cook a Country Kitchens recipe in groups of 2-3).

Recipe Demonstration

The recipe demonstration is a great starting point as it allows you to engage the audience. Some suggested demonstration recipes for the cooking for 1 or 2 HONW are savoury baked beans, Barb's vegetable slice or vegetarian chilli depending on the session you are running and the time of day. These recipes have been selected because they allow you to demonstrate knife skills when chopping a variety of vegetables. 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 (DCS) will provide you with talking points about why the recipe is a healthy choice. Make sure to ask your buddy for a copy



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 for 1 or 2 flipbook extension pages include tips on meal planning, shopping and cooking with versatile ingredients.

Below is an example of one of the cooking for 1 or 2 flipbook pages. The 'participant side' shows what your audience will see and the 'facilitator side' is what you as the presenter sees.

Our Top Tips

- Plan a **meal swap**
- Cook with **tinned food**
- Assembly **meals**
- Reduce **recipes**

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Participant Side

Our Top Tips

Plan a meal swap: Plan a get together with friends or with your neighbours where everyone brings their favourite meal in individual sized portions, then swap! Now you will have a freezer and fridge full of a variety of meals and you won't get sick of that endless leftover lasagne!

Cook with tinned foods: Tinned foods are budget friendly and have a long shelf life whilst also being nutritious. Tinned legumes and lentils are a great protein source and frozen or tinned fruits and vegetables can make meeting fruit and vegetable requirements easier. Choose canned vegetables with no added salt and fruits in juice rather than syrup.

Assembly meals: have different vegetables or ingredients prepped and ready to go in the fridge so that all you need to do is throw them together into a meal. This is great for those nights when you don't want to spend too much time in the kitchen. Remember to always ask yourself can you add more vegetables?

Reduce recipes: If you enjoy cooking or don't have much freezer space, trying learning how to reduce recipes. For example, if a recipe calls for three eggs, use two eggs and subtract two to four tablespoons of liquid. There are lots of tips like this online!

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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 HONW's 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 up to three recipes from the HONW recipe booklet. A copy of this book can be obtained from your Country Kitchens Buddy. You may also like to choose another Country Kitchens recipe and cross check its feasibility for this 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.

Benefits of Running a Cooking for 1 or 2 HONW

With the rising cost of living, cooking for 1 or 2 can be daunting for some community members. These workshops are a great opportunity to share your tips around meal planning and preparing low-cost nutritious meals. You have the potential to impact the health of individuals in your community by sharing your skills and knowledge.

If you would like to know more about the Cooking for 1 or 2 HONW extension, please get in touch with the team. The team would love to organise an information session with facilitators to run them through the new materials and recipe options.

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