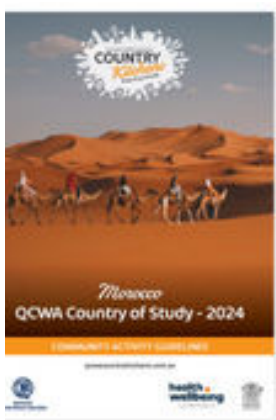


QCWA 2024 Country of Study: Morocco

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the 5 key messages.

To help you promote Morocco in your branch and community throughout 2024, Country Kitchens has launched four new resources, including: (1) *Morocco Community Activity Guidelines*; (2) *Common Moroccan Ingredients Flip Cards*; (3) *Morocco Poster*; and (4) *Moroccan Recipe Booklet*.



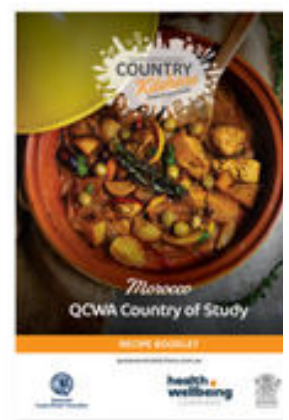
Morocco Community Activity Guidelines



Morocco Flip Cards



Morocco Poster



Moroccan Recipe Booklet

Morocco Community Activity Guidelines

The *Morocco Community Activity Guidelines* provide background information on cuisine, popular dishes and kitchen staples. They also outline the four activities that you or your branch can complete to promote this year's Country of Study. These activities support Level 2 and/or 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guideline training booklets, and consist of a resource guide, event checklist, and session plan template to help you undertake the activities.

Activity 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the *Moroccan Recipe Booklet*.

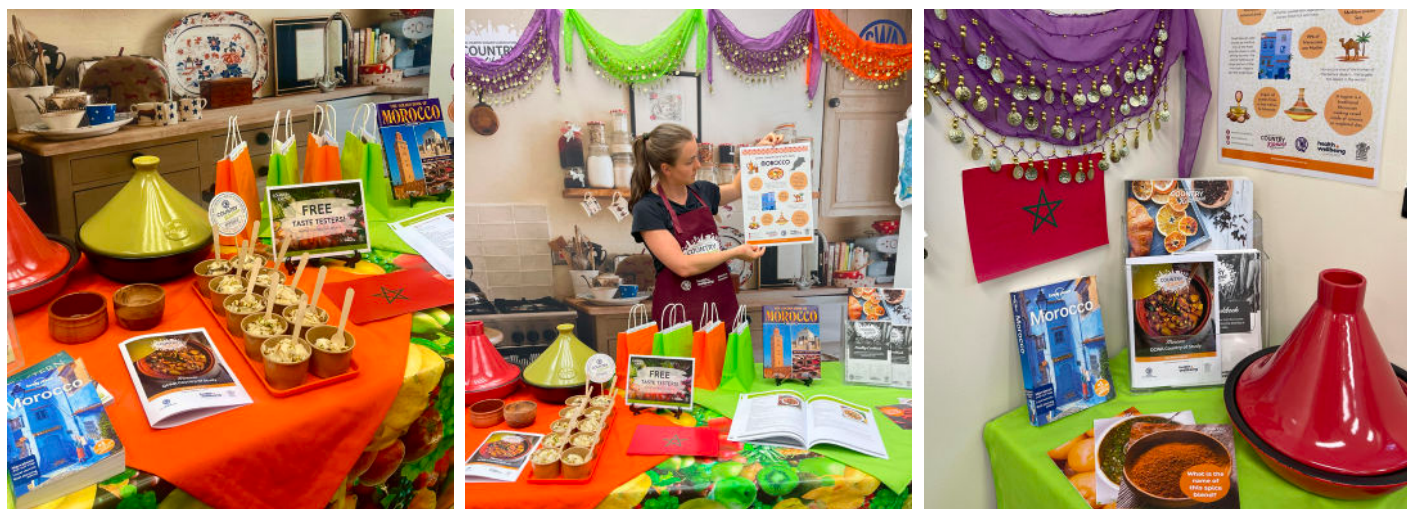
There are 12 delicious recipes to choose from for your next recipe promotion at your branch or community event.

Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.



Activity 2: Morocco Showcase

Incorporate Morocco into your next showcase with our colourful resources. Display the *poster* and interact with the public with our *flip cards* about common Moroccan ingredients. Prepare a taste tester from the *Moroccan Recipe Booklet*, or kick it up a notch and complete a live cooking demonstration! This activity promotes all of the Country Kitchens 5 key messages.



Activity 3: Walk Morocco

Reach your physical activity goals by completing this *Walk Morocco* activity with your branch, family, or group of friends! Stop at eight attractions around the country as you accumulate 2,154,000 total steps over time. This is a great way to learn about the different destinations of the Country of Study, and engage in some healthy competition! Complete this activity to promote the key message 'sit less, move more'.

Activity 4: Belly Dancing

To celebrate and share Morocco's love for music and dance, try completing this belly dancing activity with a small group, such as your QCWA branch. This activity involves a series of six short exercises which aim to improve co-ordination, flexibility and relieve stress. This activity promotes the 'sit less, move more' key message.

Using the Country of Study Resources

Each branch will receive a Country Kitchens Morocco resource pack, consisting of one hardcopy of the *Community Activity Guidelines*, *Flip Cards*, *Poster* and *Recipe Booklet*. These will be distributed to delegates at the International Study Conference in Dalby, or posted to facilitators following the conference.

To order more copies of the *Moroccan Recipe Booklet* or to request recipe cards, get in touch with your Country Kitchens buddy. Alternatively, you can download a digital copy of the resources [here](#).

If you use any of the Country Kitchens Morocco resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call, or tag us on social media (Facebook: @qcwacountrykitchens, Instagram: @countrykitchens). And as always, don't forget to include any Country Kitchens Morocco activities in your monthly branch reports! We hope you enjoy the resources as much as we do.