



**Nut Ed**  
*by email*

## Community Partnerships

We often talk about 'community partnerships' in our emails, updates and reports .... But what does this really mean?

Partnership is defined as: two or more people, businesses or organisations working together to achieve a common goal. For Country Kitchens, partnership refers to the relationship QCWA members have with external organisations who are interested in or actively engaging in Country Kitchens activities. Partnerships form a platform whereby the CK 5 key health messages can be promoted.

Partnerships will be different for every community, branch, and facilitator. They will be based on both community needs and Facilitator capacity.

If you and your branch are seeking fresh ideas or are keen to do something new, below is a list of potential partners that could be approached within your community, striking up new collaborative partnerships. For ease of reference, you will note that partners have been cross referenced these so that they align with the Country Kitchens PATHway (but this is malleable!) The world is your oyster.

### Level 2: Recipe Promotion

Recipes cards could be available, or the recipe printed in:

- School Newsletters
- Street Libraries
- Community Social Media pages.

Tasters of CK recipes could be made available in:

- Cafes
- The kitchen / tearoom at the local show.



### Level 3: Showcases

*Showcases can be static (set up yet unattended), interactive (where you woman the display and talk to people), or demonstrative (where you cook something in front of people to taste).*

- Community or Council run events such as a Seniors days, sports expos or the local show.
- Your local supermarket may be willing to have CK recipes displayed, where patrons choose a recipe and then buy the subsequent ingredients from the store.
- Libraries, community halls, markets and the local show.



### Level 4: Hands on Nutrition Workshops (HONWs)

- Schools, Scouts, Girl Guides, Youth Centres, PCYC
- Seniors, those in supported living environments or living alone
- Mums & Bubs, playgroups or kindergartens
- Community organisations such as 'Mens Shed' or the local RSL.
- Church or outreach groups

### Level 5: Back to Basics Series

- Schools (particular upper primary and high school)
- Uni or TAFE students who are new to living out of home / cooking for one
- Displaced people or those new to Australia



## Additional Considerations for L4 and L5:

- The manager of a community space such as the PCYC or Senior Citizens Centre. They may be able to negotiate free or subsidized hall hire for workshops to take place.
- Store managers of local supermarkets or food stores may be able to donate items needed for HONW's or Back to Basics series if they see benefit in the event for both the community and their business.
- Your local council may be able to support by promoting any upcoming workshops or by providing grants to cover workshop costs for participants.

## Level 6: Advocacy

For those of you who have completed the Level 6 training, you may recall the importance of 'Involving the Right People'. These stakeholders have the potential to be key partners in your advocacy efforts. For example:

- The canteen manager, principal and local parents are key stakeholders if you wanted to advocate for better food and drink options in the school tuckshop.
- The store manager at the local supermarket if you are advocating for healthier supermarkets / making healthier options more visible.

**If you have ideas for new partnerships or are not sure where to start, reach out to your CK Buddy; they can provide guidance and / or resources to give you the confidence to start forming new partnerships.**

## Program Partner: Pick of The Crop

Our program funders, Health and Wellbeing Queensland, support a school-based program called: Pick of the Crop. The objective of this program is to give children opportunities to learn about and eat more fruit and veg. Schools are encouraged to choose program components that are most relevant to them and their community, and so can choose to focus on food and grower connections, teaching and learning, veggies and fruit at schools, healthy school environments or family and community connections. The QCWA Country Kitchens program is perfectly positioned to partner with state schools who are participating in the program. More information on Pick of the Crop can be found [here](#) and have a chat to your local school and CK Buddy if you are keen to pursue this partnership.

