



## Country Kitchens Training Videos

To complement the formal Country Kitchens training sessions, the team is putting together a series of videos showing examples of each of our training PATHway activities in action. We will be sharing these videos via the NutEd facilitator newsletter, along with other tips, tricks and ideas that we have collected along the way. The training videos will be uploaded to YouTube where you will be able to access them whenever you need.

In this edition of NutEd, we will touch on Levels 1 and 2 of the training PATHway. Below is a link to a video showing how you might complete these activities during a branch meeting and a brief summary of each of the activities.

**Video link:** <https://youtu.be/OZddfM7YQIs>

### Level 1 - Sharing the Monthly Munch

The Monthly Munch program newsletter shares all the amazing activities facilitators have been completing, as well as short nutrition articles, facilitator profiles, new recipes, Meet a Farmer interviews and more. Sharing the Monthly Munch is considered a Level 1 activity of the Country Kitchens PATHway, and involves sharing or discussing key points of interest from the newsletter at your branch meeting. Remember, you only need to pick one or two sections that you think are most relevant and interesting to your branch to share.

You might choose to discuss:

- The recipe of the month and what you liked about it
- Activities completed by other branches that might work well in your community
- Meet a Farmer articles and local farmers that you might like to connect with and profile
- Nutrition information that is of interest to you or the branch

At the end of your discussion, you may like to encourage members to subscribe to receive a copy of the Munch direct to their inbox. People can subscribe to the newsletter on the home page of the Country Kitchens website, or you can send a list of emails direct to your CK buddy and we can add them to the e-mailing list.

### Level 2 - Recipe Promotion

The Country Kitchens facilitators and team have developed hundreds of healthy recipes since the program started. Completing a healthy recipe promotion is considered a Level 2 activity of the Country Kitchens PATHway, and involves sharing a healthy recipe at a branch meeting or as part of an event and discussing what makes the recipe a healthier choice.

You might choose to discuss:

- Why you chose the recipe e.g. What did you like about it? Was it easy to prepare?
- What makes the recipe healthy? (choose from the 'five elements of a healthy recipe' that were discussed in the Level 2 training)
- Tips or tricks you have for preparing the recipe.
- Any changes you would make if you were to make the recipe again in the future.

You don't have to elaborate on all of the points listed above. You might choose just one or two things to discuss that make the most sense to your audience or apply to your chosen recipe. Remember, a recipe promotion doesn't need to take a lot of time to complete. You will see in the video example that it can be a quick 2-3 minute discussion before sharing a healthy recipe as part of a branch meeting morning tea.