



Country Kitchens Training Videos

The Country Kitchens team has created a series of training videos to support each level of the training PATHway and the associated health promotion activities. Last month, we discussed the Level 1 and 2 activities and shared the corresponding training video. This included tips and tricks to help facilitators complete activities such as sharing the Monthly Munch and healthy recipe promotions.

This month, we have moved onto Level 3 of the Country Kitchens PATHway which focuses on the three different types of showcases: static, interactive, and demonstration. We will be releasing a video for each type of showcase over the coming months, starting with static showcases. This week's video guides you through setting up a static showcase and includes tips, tricks, and ideas we've gathered over time. The training videos will be available on YouTube, along with the previous videos we have shared. This will be available for you to access whenever you need.

Video link: <https://youtu.be/UoSrZKOMQEI>

Level 3 - Static Showcase

Static Showcases are a great option for facilitators who are keen to raise awareness about Country Kitchens and the QCWA and help improve the health of their community.

Static showcases are a display that promotes the Country Kitchens program and the 5 key messages. They don't require you to be present at all times but it is important to do occasional checks to keep resources well stocked. The display's purpose is to provide program information and resources for the public to take and use in support of a healthy lifestyle.

There are a number of different places you could set up a static showcase. Some examples include your branch hall, local council office, community hall, school or library. Depending on the location of your showcase, you might choose to set it up on a table, a bookshelf, in a display cabinet or noticeboard.

Resources

There are a range of promotional resources available for facilitators to use as part of a static showcase. These include:

- 5 key message cards with tips for incorporating the messages into daily life.
- A variety of healthy recipe cards for mains, snacks, sides, salads, and sweets.
- Monthly Munch sign-up sheets.
- Healthy cookbooks.
- Health-a-size your recipe cards.
- A set of 5 key message flip cards.

Other tips

In this video we discuss some things to consider when setting up your static showcase including:

- Positioning - Try to set up your static showcase in an area that people pass by often.
- Layout - Add some height and be sure not to overcrowd your display so that everything is visible
- Colour - We have a variety of colourful resources such as bunting, tea towels, aprons, and posters
- Remember to use the showcase box, tablecloth and display stand that you received after completing Level 3 training to help create an eye catching display.