



Country Kitchens Planning for the Year

Now is the perfect time to start thinking about what Country Kitchens activities you and your branch might undertake in 2025. Setting aside some time to plan can assist with recruiting helpers, avoiding clashes with other events and ensuring there is enough time for your CK buddy to organise any resources and equipment you might need.

When making your yearly plan, we suggest you work through the considerations outlined below. This can help you discern the types of activities you could offer your community and ensure you are targeting community members who would benefit most from the program. If you have multiple facilitators at your branch, you might like to complete this brainstorming activity together or even involve the rest of the branch and plan as a group. Involving other branch members in your planning might help you gain support and assistance with your Country Kitchens activities.

Set goals

It can be helpful to set some broader goals by asking yourself what you wish to achieve with the program or where you would like to focus your efforts this year. It's important that our goals align with the Association's overall mission to make a positive social impact across communities.

Your goals might differ depending on the groups you wish to work with and should take into consideration other factors such as branch support, the number of facilitators within your branch, your capacity and other QCWA commitments over the year.

For example:

- If you're a new facilitator or your branch hasn't had much involvement with Country Kitchens in the past, your goal might be to raise awareness about the QCWA and the program within your community
- If you're currently only doing Country Kitchens within your branch, a goal might be to complete a community-facing activity this year so that you are able to reach more people
- Perhaps you have run a workshop for the general public in the past and would like to work on building partnerships with other community groups to help recruit workshop participants in the future
- Or you may have been approached by a parent at a community event who thinks their local school could benefit from further information about healthy lunchboxes, and your goal is to educate local parents and students about healthy eating

Assess your community

It is also important to consider the needs and characteristics of your community and identify potential groups to work with. Every community is different, and you and your branch are in the best position to understand the unique needs of the community you belong to.

It can be helpful to consider groups that you or your branch has had partnerships with in the past, as well as any groups or organisations that have expressed an interest in the program at community events. Forming partnerships with other community groups and organisations is an integral part of the program and the QCWA more broadly. It allows us to reach different members of the community and can help with the sharing of ideas, time and resources.



Assess your community continued...

Some examples of community groups you could partner with include:

- Education – primary and secondary schools, universities, TAFE
- Early learning – day care, pre-schools and kindergartens
- Not-for-profit organisations – PCYC, Mission Australia, RSL
- Government – local councils
- Community groups – mum's and bubs, Scouts and Girl Guides, Men's Shed, senior's groups
- Community services – libraries, recreation centres and sporting clubs
- Other community health programs – Pick of the Crop, 10,000 steps, Deadly Choices, QAST, My Health for Life

Plan your Country Kitchens Activities

Once you have set your goals for the year and identified community groups you would like to work with, the next step is to decide which Country Kitchens activities would be most suitable.

For example, if your goal was to raise awareness about your branch and the program within your community, a Country Kitchens showcase could be a great place to start. Community notice boards or council websites can help you find suitable events to host a showcase at.

If your goal was to teach people about healthy school lunches, you might like to reach out and connect with your local school. This could be a great avenue to reach parents and caregivers to run a healthy lunchbox-themed hands on nutrition workshop.

Other factors that might influence the type of activity you choose to run include:

- Your time/availability
- The size of the group you are working with
- Venue options available
- The number of volunteers/helpers

The Facilitator Guidelines booklets used at training also provide further guidance around the resources, equipment and recommended helping hands for each type of Country Kitchens activity. Refer to the 'Resource Guide' and 'Session Plan' sections of the guidelines for this information. Your CK Buddy can also help you determine the suitability of the activity you would like to run.

Once you have set your yearly plan, it's important to communicate this information back to your branch so that other members and your branch executive are aware of what activities you plan to undertake over the year.

Country Kitchens 2025 Planning Template

Using the information covered in the latest NutEd by Email, work through the sections below to help you plan out your Country Kitchens activities for the year.

Set goals

Assess your community

Plan your Country Kitchens activities