

# Country Kitchens Training PATHway *Overview*



## Introduction to Country Kitchens

Learn the basics of the program including sharing the **program newsletter**, what **makes a recipe healthy** and how to **access program resources** to:

- Attract new members
- Gain basic nutrition knowledge
- Gain skills in health promotion

## Perfecting your Showcase

Expand the program to your community! **Showcase** the 5 key messages in a **bright and colourful display** as part of QCWA or community events to:

- Build awareness of the QCWA
- Improve the health of your community
- Gain skills in public speaking



## Hands on Nutrition Workshops

Join this **full day, in-person training** event to learn everything you need to know to **host a Hands on Nutrition workshop** to:

- Teach community members valuable cooking skills
- Fundraise for your branch
- Gain skills in group facilitation

## Back to Basics Workshops

Learn how to plan and run **ongoing workshops** in your community through **partnering with organisations** such as schools, community groups, local councils to:

- Develop partnerships of mutual benefit
- Affect positive behaviour change in your community
- Gain skills in project planning



## Advocacy

Advocate for **positive health-related change** in your community! Learn how to **develop an advocacy campaign** related to nutrition and health issues to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Level 1-2

Level 3

Level 4

Level 5

Level 6