

Healthy Recipes

The Country Kitchens program team and facilitators have developed hundreds of healthy recipes. If you are looking for some inspiration, head to our website or pick up a recipe card at a local Country Kitchens event.



Join Us Today!

Want to keep up with the Country Kitchens program?
Head to our website and subscribe to our Monthly Munch newsletter!






Country Kitchens Cookbooks

With a reputation as 'blue ribbon' cooks, QCWA members have shared their favourite recipes and modified traditional dishes to create a collection of delicious and healthy recipes. Head to our website to order your copy.



Follow us on social media!

-  @qcwacountrykitchens
-  @countrykitchens
-  QCWA Country Kitchens

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Recipe for *Good Health*

The Queensland Country Women's Association's (QCWA) Country Kitchens program supports Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Funded by the Queensland Government through Health and Wellbeing Queensland, our team of dietitians and nutritionists provide training and support to QCWA volunteer facilitators. Country Kitchens facilitators run health promotion activities to improve food and nutrition literacy in their local communities. They partner with organisations such as schools, local councils and a wide range of community groups.

5 Key *Messages*

The Country Kitchens program promotes 5 key messages which are supported by scientific evidence. They provide simple, accessible and effective ways to improve your health and wellbeing.

- Get more fruit and veg into your meals
- Cook at home
- Check your portion size
- Be aware of sugar in your drinks
- Sit less, move more

Visit our website for more information and to see when a Country Kitchens activity will be taking place in your local area!



How to Get *Involved*

With over 3000 members and 220 branches statewide, the QCWA is an active community of women.

We provide free training to QCWA members and support facilitators to deliver health promotion activities in their communities. Activities can include:

- Healthy recipe promotions and demos
- Showcase displays at events
- Cooking and nutrition workshops
- Advocacy activities.

For more information, send an email to countrykitchens@qcwa.org.au, call us on **0417 539 663** or visit <https://www.qcwa.org.au/join-us>.