

Level 4 Updates

Level 4 of the Country Kitchens training PATHway involves running a hands-on nutrition workshop for your community. Hands-on nutrition workshops are designed to create a supportive and friendly environment for participants to learn practical knowledge and skills to cook healthy meals at home. To get you familiar and confident with running this type of activity, we offer a one-day, in-person training that takes you through everything you need to know to plan and deliver these workshops.

Since launching the Level 4 training back in 2021, we have had numerous facilitators from across the state attend and run subsequent workshops, providing the team with valuable feedback around what works well, what could be done differently, and what they would like more support with. We have taken your feedback on board and are excited to share with you all the improvements we will be making to Level 4 of the program.

Hands on Nutrition Workshops – Previous Format

Hands On Nutrition Workshops (HONW) were usually 3–4 hour cooking workshops run by facilitators for groups of up to 12 participants. Each workshop included a cooking demonstration, nutrition education using the A3 flipbook, and a hands-on cooking component that involves preparing a recipe in small groups. On top of the standard HONW which covers education around our 5 key messages, facilitators also had the option of running a themed workshop including:

- Cooking on a budget
- Cooking for 1 or 2
- Healthy Lunchboxes



Hands on Nutrition Workshops – New Format

The new HONW format has been simplified to reduce costs, shorten the workshop to 2–3 hours, and make it easier to run. The cooking demonstration has been replaced with a knife skills demonstration, based on feedback that this is a key area where participants need support. In response to participant and facilitator feedback and the rising cost of living, the standard HONW now focuses on healthy and affordable cooking at home. The nutrition education flipbook combines tips for increasing fruit and vegetable intake with practical tips on how to reduce the overall grocery bill. The team is working toward bringing the other workshop themes into this updated format over the coming months.

The 'Healthy and Affordable Cooking at Home' recipe collection consists of a variety of simple and nutritious recipes. Participants will receive these in a recipe booklet as part of their participant pack.

New Level 4 Resources

To support you with planning and running this new hands-on nutrition workshop format, we have created a few additional resources, which will be briefly outlined below. Please note that the Level 4 training will go into more detail around the resources and how they are used.

Recipe Selection Guide

Each workshop theme will have a corresponding Recipe Selection Guide, which has been designed to provide guidance on how to work out the number of groups you will have in your workshop, how big to make each group, how many different recipes to pick, what appliances your venue needs for each recipe, and what additional cooking equipment (not in the kitchen kits) is required to prepare the chosen recipes. We hope that this will make the logistics clearer and help you feel more confident to plan out the details of your workshop.

Participant Recipe Booklet

The participant recipe booklet has also been improved to include:

- Education and practical tips around increasing fruit and vegetable intake
- Tips for reducing the grocery bill while still including healthy and nutritious foods
- The 'Handy Portion Guide' which shows standard serve sizes of the 5 food groups using hands as measurements
- A pantry staples checklist
- A copy of all 29 recipes

Workshop Recipe Cards

To assist participants with the cooking component of the workshop (and facilitators in choosing their workshop recipes), we have created new, double-sided pictorial workshop recipe cards that list the equipment needed from the kitchen kits, the appliances needed to prepare the dish, and include step-by-step instructions with accompanying images. Each workshop-suitable recipe has its own workshop recipe card, and your HPTL will provide you with the relevant cards for your workshop ahead of time.



Updated Level 4 Training

The team is excited to start rolling out the updated Level 4 training, which will familiarise you with the new and improved workshop format and resources. This training has been shortened to a 4 hour, in-person session and will require a group of at least 5 facilitators.

If you have already completed Level 4 training, it is not necessary to re-do it, however you are welcome to participate again if you wish. The information shared in the previous Level 4 training remains relevant. We will be hosting a webinar in the near future to explain the new resources and workshop format, and strongly encourage you to attend if you are planning to deliver this updated HONW in the future.

Get in touch with your CK Buddy if you are interested in attending a Level 4 training. We will work with you and other facilitators in the surrounding areas to coordinate a suitable date.