

The background of the poster is a photograph of a tropical island. The water is a vibrant turquoise color, and the shore is lined with tall palm trees and lush green vegetation. In the foreground, there are dark, rocky outcrops. The sky is blue with scattered white clouds.

Samoa QCWA Country of Study - 2026

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au





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Introduction to QCWA Country Kitchens

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



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

The QCWA Country of Study

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2026 Country of Study - Samoa, and are designed to be used by QCWA members.

These Community Activity Guidelines provide an overview of the food, agriculture and food traditions in Samoa, as well as guidelines for four health promotion activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages *get more fruit and veg into your meals* and *cook at home*, and involves completing a healthy Somoan recipe promotion at your branch meeting or showcase. Other activities involve promoting Samoa through a Country Kitchens showcase, as well as two *sit less, move more challenges*; a team-based virtual walk around Samoa and a Siva Samoa dance. The team would love to see how you incorporate the Country Kitchens Samoa Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook photos or posts (@qcwacountrykitchens) or send a message to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include all Country Kitchens Country of Study activities in your monthly reports!

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 5.8% of adults and 3.1% of children are eating the recommended 5 serves of vegetables each day.**¹ We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home increased from 25 per cent in 1988-89 to 34 per cent in 2015-16.² In Health and Wellbeing Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week.**³ Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 31% of Queensland adults are within the healthy weight range and 33% of Queensland children are in the overweight and obese range, according to the 2024 Report of the Chief Health Officer Queensland.**¹ Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few. **Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.** Water is always the best option!



Sit less, move more

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day.** Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

¹ Queensland Health (2025); The health of Queenslanders: Report of the Chief Health Officer. The State of Queensland 2025 (Queensland Health).

² Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

³ A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.



PATH - Promoting and Advocating Together for Health

What can QCWA Country Kitchens do for you as a member?

WHAT'S MY WHY?	PERSONAL ACHIEVEMENTS
I want to lead positive change and contribute to long-term health outcomes in my community	Advocacy <ul style="list-style-type: none">Leadership skillsEvent marketing skills
I want to help my community develop healthy eating and lifestyle behaviours	Back to Basics <ul style="list-style-type: none">Partnership development skillsProject planning & event management skills
I have a passion for food, cooking and teaching others skills in the kitchen	Hands on Nutrition Workshops <ul style="list-style-type: none">Food literacy knowledgeChronic disease knowledgeGroup facilitation skillsCulinary skills
I am keen to raise awareness about QCWA and help improve the health of my community	Showcases <ul style="list-style-type: none">Networking skillsCooking or craft demonstration skills
I would like to get up-to-date nutrition information to improve my own health and the health of my family	Promoting Country Kitchens and Recipe Promotion <ul style="list-style-type: none">Basic nutrition knowledgeHealth promotion skillsBasic marketing skills
Training PATHway Suggested timeframe	LEVEL 1-2 0-2 months
	LEVEL 3 2-4 months
	LEVEL 4 4-12 months
	LEVEL 5 12+ months
	LEVEL 6 12+ months

Connecting women who have the power to heal their communities

COUNTRY
Kitchens
QLD COUNTRY WOMEN'S ASSOCIATION
Recipe for good health

QCWA Country Kitchens Program Overview



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens **Monthly Munch** newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class



Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- *Back to Basics: Food Literacy* - targeted to adults
- *Back to Basics: 5 Key Messages* - targeted to children



Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

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

Background

Country Kitchens Country of Study Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Country of Study and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline four Country Kitchens activities for the 2026 QCWA Country of Study - Samoa. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

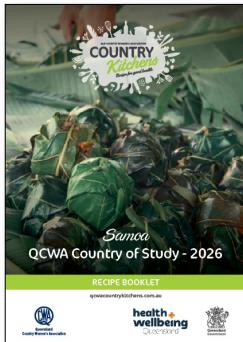
- Samoan recipe promotion (pg. 11)
- Samoa showcase (pg. 16)
- Walk Samoa (pg. 23)
- Siva Samoa dance (pg. 32)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions and within the community. Get in touch with your CK buddy to order any of the 2026 Country of Study resources listed below:

- Samoa recipe booklet
- Samoa recipe cards
- Samoan produce and cuisine flip cards
- Samoa poster
- Walk Samoa posters



Samoa
Recipe Booklet



Samoa
Recipe Cards



Samoan Produce
and Cuisine Flip Cards



Samoa Poster

Samoa

Samoa is an island nation in Polynesia in the South Pacific Ocean, approximately 4000 kilometres east of Australia, just south of the equator. Samoa gained back its independence in 1962 after a period of colonial rule by Germany and New Zealand. The archipelago consists of ten islands, four of which are inhabited. The population of Samoa is around 219,000, with approximately a fifth of the population residing in the capital of Apia, while the majority live in rural coastal villages on the two main islands of Upolu and Savai'i. Samoa has one of the richest indigenous cultures in Polynesia and has strived to maintain their customs and traditions. Culture is expressed through dance, music, oral literature, tattooing, and their unique visual art. Samoan social structures are based around extended family groups who will have their own Matai, or chief, who will lead and represent them in village councils. Known as a tropical paradise, Samoa has a diverse natural landscape that was formed by volcanic activity, with rugged mountains, waterfalls, tropical rainforests, white sand beaches and coral reefs. The climate is tropical and humid, with a wet season from November to April and dry season from May to October. The temperature varies little throughout the year (between 23°C to 30°C), however the humidity is much higher during the wet season with large amounts of rainfall. The country is vulnerable to cyclones, earthquakes and tsunamis.



Agriculture

Agriculture is the foundation of the Samoan economy, providing livelihoods for a large portion of rural families on smallholder farms, and contributing to their food security and export market. The rich volcanic soil provides fertile land for agriculture, particularly along the coastal areas of the islands. Families will grow food for themselves, and also to sell at local markets, retail stores, and roadside stalls. As most fresh fruit and vegetables are grown locally, these are eaten when they are in season. For most crops this is year round, however some are more readily available in the wet season or the dry season. Almost a quarter of the land in Samoa is used for cultivating the staple crops of taro, coconuts, bananas and yams.

Starchy Staples

Starchy food crops are the foundation of Samoan diets, providing energy and essential nutrients in their diets. For quick preparation, these can be boiled, or often will be cooked in an umu (a traditional earth oven) with coconut milk. The three main starchy crops are:

- **Taro (talo):** the most common root vegetable that is a staple in Samoan diets. Taro is also grown for export, with over half of taro exports going to New Zealand. Taro is eaten boiled, roasted or mashed.
- **Breadfruit (ulu):** Named for tasting like freshly baked bread when cooked, breadfruit is a large dense fruit that grows on a large tree.
- **Green bananas:** green bananas are cooked and eaten like a starchy vegetable, or can be baked and made into banana chips.



Breadfruit

Vegetables

There are a variety of vegetables that are available throughout the year at local markets, or will be grown by households for their own consumption. Some of these vegetables include:

- **Taro leaves (iautalo):** young taro leaves are used for making the traditional dish palusami.
- **Tomatoes (tamato):** Samoa has recently been involved in a trial of growing climate resilient tomatoes to improve local availability.
- **Water Spinach (kangkong):** this is a green leafy vegetable that is often eaten cooked in meat dishes.
- **Cabbage (kapsi):** both head and Chinese cabbage is grown throughout Samoa and available throughout the year.
- **Pumpkin (maukegi):** pumpkin can be grown all year round in Samoa.
- **Avocado (avoka):** while botanically a fruit, avocados are usually eaten as a vegetable. In Samoa, avocados are in season during September to December.



Taro



Kangkong

Fruit

There is an abundance of tropical fruits that are grown in Samoa. The main fruit crops grown in the country include:

- **Bananas (fa'i):** bananas are widely available all year round.
- **Mango (mago):** Mangoes are grown all over Samoa and are available in abundance from October to December.
- **Papaya (esi):** This sweet fruit is available all year round. It is often served at breakfast or with dessert.
- **Pineapple (fala'aina):** In Samoa the pineapples are smaller than usual, but packed with flavour. The best time of year for pineapples is February.
- **Starfruit (vineta):** Eaten as a fruit, as well as being used for decorative purposes, starfruit is widely available in Samoa.
- **Cacao (koko):** Samoa has more than 200 organic cacao farms, and exports the high quality and fine flavoured Samoan Trinitario variety to Devonport Chocolates and Whittaker Chocolates in New Zealand. Most cocoa is sold locally as a paste for a local drink called "Koko Samoa".



Cacao tree

Coconut

Coconut trees are plentiful in Samoa and have many uses. Whether as a refreshing drink from a young coconut, coconut cream for cooking, food for animals, husks being used for fuel, leaves used for weaving, making rope, or using coconut shells as utensils or bowls, almost every part of the coconut tree can be used. Grown around coastal and low lying areas, coconuts are mostly grown by households for consumption, while some are commercially grown for production of coconut oil. Approximately 4 tonnes of coconut is sold at local markets every month. Drinking coconuts are known as *nui*, while an eating coconut is known as *popo*. Coconut milk is used in almost every traditional Samoan dish. It is prepared by using a scraper attached to a plank of wood. The white flesh of the coconut is scraped into a bowl and then squeezed or strained (often using the coconut husk) to extract the coconut milk. Coconut cream is high in saturated fat and is therefore recommended to be used in moderation in the Australian Dietary Guidelines. Fresh coconut cream is made into coconut milk by diluting with water, making the milk slightly lower in saturated fat.



Step 1: Husk coconut using a spike



Step 2: Scrape coconut meat from shell



Step 3: Squeeze milk from the coconut

Food Traditions

Food is a way of expressing *fa'a Samoa* (the Samoan way), preserving and protecting the nations cultural traditions and practices, where the needs of the group are prioritised over the individual. Meals are often based on fresh locally produced food and are eaten together with family and community. Food is a way of showing respect, hospitality and strengthening family and community relationships. Meals will be eaten together, with food placed in the centre of the table for everyone to share. Food is often given as a gift to honour a guest, to celebrate an achievement, or to support someone in need.

Cooking in an Umu

The traditional cooking method that is commonly used, particularly when cooking for large groups, is the umu. An umu is a traditional earth oven, where volcanic stones are heated in a fire, and then food is placed on the hot stones to cook. Volcanic stones are used for their ability to retain heat for a long time. Food will be prepared then wrapped in breadfruit or banana leaves, placed on the hot stones, covered with more hot stones, then leaves and wet mats are placed on top to seal in the heat. Food is often left to slow cook for up to two hours, allowing it to steam and bake, developing a tender texture and absorbing the flavour from the leaves and other ingredients. Foods typically cooked in an umu are taro, breadfruit, fish, pork and chicken, with coconut milk often added for flavour and to stop the food from drying out. Men are typically responsible for cooking food in the umu.



Preparing the umu

Samoan Feasts

Two of the key feasts that bring together families and community are the *fa'alavelave* and the *to'ona'i*. A *fa'alavelave* is held when there is a major event, such as a christening, wedding or funeral. It will often include days of preparation for the celebration. A *to'ona'i* is a traditional Sunday meal and considered the most important meal of the week. Preparation of the umu and food takes a while, so will start early in the morning on a Sunday so that the meal can be ready for lunch. Families will gather together after church to spend time together, relax, and share this meal.

Popular Samoan Dishes

As a small tropical island nation, Samoan cuisine is largely based on locally produced foods, including seafood, starchy foods, and tropical fruit and vegetables. While there has been some influence from colonial periods, with the introduction of imported foods and other cultures food, Samoa has largely maintained its cultural eating practices and ingredients.

Savoury Dishes

- **Palusami:** baked coconut cream wrapped inside young taro leaves, wrapped in foil and baked or steamed until the coconut is semi solid.
- **Okā i'a:** the Polynesian version of ceviche, raw fish that is marinated in coconut cream, lime or lemon juice, onion, chopped tomato and sometimes chilli.
- **Fa'alifu:** taro or breadfruit cooked in coconut cream.
- **Sapasui:** the Samoan version of Chinese Chop Suey, this is a vermicelli noodle dish with vegetables, beef or pork, and flavoured with dark soy sauce, ginger and garlic.
- **Kale:** a meat coconut curry served with rice, taro or bread.
- **Keke pua'a:** Samoan version of a Chinese pork bun, these steamed buns are filled with pork and soy sauce.



Palusami



Fa'alifu kalo



Panikeke



Pani popo

Sweet dishes and drinks

- **Fa'apapa:** a dense, slightly sweet coconut bread made from flour, sugar, coconut flakes and coconut milk and baked in the oven, it will often be served at breakfast or with a hot drink.
- **Pani popo:** sweet coconut buns, that are light and fluffy compared to fa'apapa, baked in a sweet coconut sauce.
- **Panikeke:** Samoan pancakes that are made into balls of dough and deep fried.
- **Koko alaisa:** a rice pudding like dish made with rice, coconut cream, sugar, and grated cacao bean.
- **Siamu popo:** a thick and rich coconut jam made with coconut and sugar.
- **Supo esi:** papaya soup, commonly served at breakfast. Its key ingredients are papayas, coconut milk and tapioca.
- **Koko Samoa:** a traditional hot chocolate drink, Koko Samoa is prepared by mixing roasted ground cacao beans (a powder or paste) with hot water and sugar.



ACTIVITY 1

SAMOAN RECIPE PROMOTION

Preparation and Planning

Use this activity guide to:

- Complete a healthy Samoan recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2026 QCWA Country of Study



Overview - Samoan Recipe Promotion

Recipe Promotion

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Samoa Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Country of Study event (e.g. branch or division international days). For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Samoa Recipe Booklet* or turn to the appendix (pg. 38-50) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity

Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets our essential nutrition criteria for either everyday or discretionary foods. The *Samoa Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, and food labels.
- **Recipe cards** - reach out to your CK buddy if you would like to order Samoa recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event). If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 38-50) under the heading '*What's Great About It!*'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - Samoan Recipe Promotion

DIFFICULTY



Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (<i>optional</i>)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (<i>optional</i>): - Australian Guide to Healthy Eating - Food safety		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Samoan Recipe Promotion*

BEFORE ACTIVITY

<input type="checkbox"/>	Optional: re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
<input type="checkbox"/>	Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
<input type="checkbox"/>	Choose a recipe from the Country Kitchens <i>Samoa Recipe Booklet</i> or appendix (pg. 38-50)
<input type="checkbox"/>	Optional: order resources from your CK buddy (minimum 2 weeks prior)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Purchase ingredients
<input type="checkbox"/>	Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
<input type="checkbox"/>	Using the session plan (pg. 15), identify the five elements that make your recipe a healthy choice (to present on the day)
<input type="checkbox"/>	Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

<input type="checkbox"/>	Set up promotional materials and equipment
<input type="checkbox"/>	Arrange tables and chairs for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 15)
<input type="checkbox"/>	Promote the recipe using the points listed in the session plan (pg. 15)
<input type="checkbox"/>	Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
<input type="checkbox"/>	Share taste testers of your recipe with participants
<input type="checkbox"/>	Pack up and leave the venue as found

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media and tag Country Kitchens
<input type="checkbox"/>	Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time

Session Plan - *Samoan Recipe Promotion*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

Talk about the five elements that make your recipe a healthy choice:

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about Samoa and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2

SAMOA SHOWCASE

Preparation and Planning



Use this activity guide to:

- Complete a Samoa showcase activity at your branch or for an event
- Promote the Country Kitchens 5 key messages in the context of the 2026 QCWA Country of Study



Overview - Samoa Showcase

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook) or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Samoa Showcases

All three types of showcases outlined above can be given a Samoan theme using the various Country Kitchens QCWA Country of Study resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Samoa Static Showcase

Give your static showcase a Samoan theme by including Samoa recipe cards, themed bunting, or the Samoa poster. Keep it stocked with the other Country of Study resources such as the *Samoa Recipe Booklet* and a set of the *Samoan Produce and Cuisine* flip cards. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Samoa Interactive Showcase

Use the *Samoa Recipe Booklet* and the recipe promotion guide (pg. 11-15) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the *Samoan Produce and Cuisine* flip card activity with your group instead!



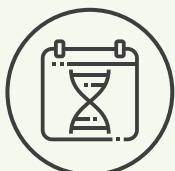
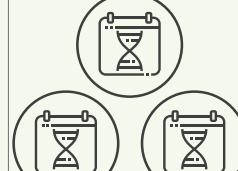
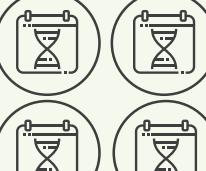
Samoa Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Samoa Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.



Resource Guide - *Samoa Showcase*

DIFFICULTY

	STATIC	INTERACTIVE	DEMONSTRATION	
Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner (optional) Backdrop (optional)	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Samoa Showcase*

BEFORE ACTIVITY

<input type="checkbox"/>	Decide on the type of showcase you will deliver (static, interactive or demonstration)
<input type="checkbox"/>	Organise and book the venue/space
<input type="checkbox"/>	Print/order resources from your CK buddy
<input type="checkbox"/>	Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i>
<input type="checkbox"/>	Locate equipment/promotional gear in your division and organise use for the day/period of time
<input type="checkbox"/>	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
<input type="checkbox"/>	Select recipes, purchase groceries and prepare food (interactive or demonstration showcases only)

ON THE DAY

<input type="checkbox"/>	Promote Country Kitchens and the 5 key messages
<input type="checkbox"/>	Network with key community stakeholders
<input type="checkbox"/>	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
<input type="checkbox"/>	<i>Optional:</i> run an activity (<i>Samoan Produce and Cuisine</i> flip cards)
<input type="checkbox"/>	<i>Optional:</i> set up chairs for the audience for your demonstration (demonstration showcase only)
<input type="checkbox"/>	Use Country Kitchens stamp of approval markers and serving platters for taste testers
<input type="checkbox"/>	Discuss food safety with your audience (demonstration showcase only)
<input type="checkbox"/>	Pack up: remove all promotional gear and leave the venue tidy
<input type="checkbox"/>	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time
<input type="checkbox"/>	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
<input type="checkbox"/>	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
<input type="checkbox"/>	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
<input type="checkbox"/>	<i>Optional:</i> Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release

Session Plan - *Samoa Recipe Demonstration*

INTRODUCTION

Introduce yourself, your branch and the program

5 ELEMENTS OF A HEALTHY RECIPE

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

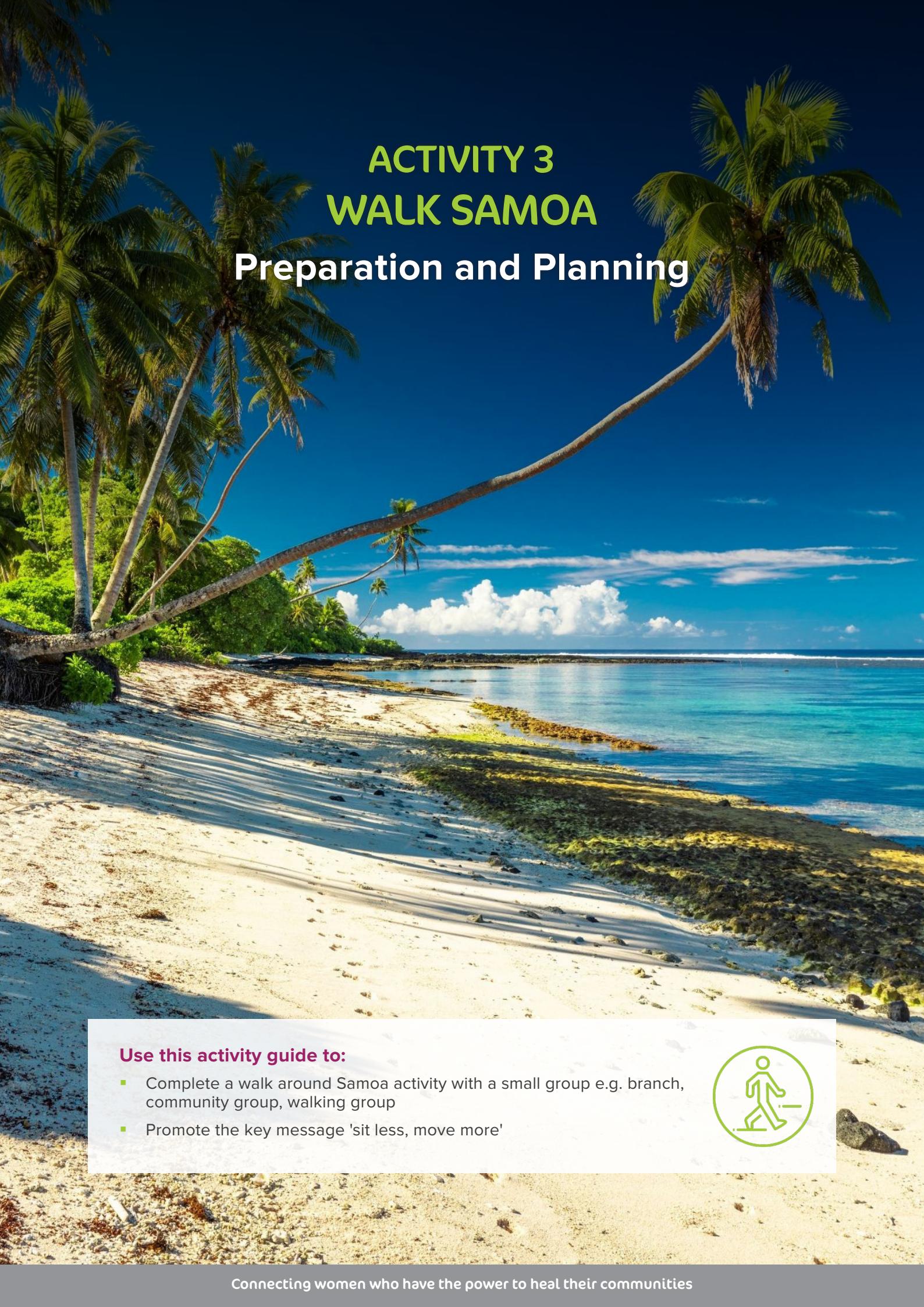
Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

<input type="checkbox"/>	Demonstrator cheat sheet
<input type="checkbox"/>	Ingredients
<input type="checkbox"/>	Equipment list
<input type="checkbox"/>	Resources organised (stamp of approval markers, recipe cards etc.)
<input type="checkbox"/>	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.



ACTIVITY 3

WALK SAMOA

Preparation and Planning

Use this activity guide to:

- Complete a walk around Samoa activity with a small group e.g. branch, community group, walking group
- Promote the key message 'sit less, move more'



Overview - Walk Samoa

Walk Samoa

Sit less, move more is one of the Country Kitchens 5 key messages, as being physically active every day is important for your health and wellbeing. Walking for an average of 30 minutes or more a day can lower your risk of heart disease, stroke and type 2 diabetes. Regular physical activity can also improve balance and coordination, and improve your daily mood.

To help you reach your walking goals, try completing this Walk Samoa activity with your branch, family or group of friends! Appoint a team captain, recruit your team, and use the table on page 30 to tally the steps of your team, until you reach the total required. To complete the walk around Samoa, your team must reach a total of 505,500 steps (approximately 358 kilometres). Each group walk will count as one set of steps towards your goal. For groups that are not walking together, each group member must reach 505,500 steps (358 km) individually. There are nine stops on the trip. Check out the map below for the list of attractions you will be visiting, and to track how far you have walked around the island. Be sure to have your team captain share the fun facts about each stop on your journey as your team reaches the destinations!





*Immaculate Conception
Cathedral, Apia*

1. Apia - 0 kilometers, 0 steps

We start our journey in Apia, the capital of Samoa, located on the northern coast of the island of Upolu. It's the political, economic, and cultural center of the country. Apia is known for its friendly atmosphere, seaside views, and as a hub for exploring the rest of Samoa. It features a busy harbour, vibrant markets, such as Fugalei Market, and landmarks such as the Immaculate Conception Cathedral.



Lalomanu Beach

2. Lalomanu Beach - 62 kilometers, 93,000 steps

Lalomanu Beach, located on the southeastern tip of Upolu in Samoa, is one of the country's most famous and picturesque beaches. Known for its bright white sand, clear turquoise water, and views of the nearby uninhabited Nu'utele Island, it offers some of the best swimming and snorkelling in Samoa. The beach is lined with traditional beach fales, giving visitors a relaxed, authentic island experience.



*To Sua Ocean Trench,
Lotofaga*

3. To Sua Ocean Trench - 82 kilometers, 123,000 steps

The To Sua Ocean Trench, located in Lotofaga village on Upolu, is one of Samoa's most iconic natural attractions. It features a huge, deep, water-filled lava sinkhole surrounded by lush tropical gardens, with a long wooden ladder leading down to the turquoise pool below. Fed by the ocean through underwater tunnels, the trench offers a tranquil swimming experience. The surrounding area includes coastal views, lava fields, and gardens, making To Sua a uniquely beautiful spot that highlights Samoa's volcanic landscape.



Giant Clam Sanctuary

4. Giant Clam Sanctuary - 134 kilometers, 201,000 steps

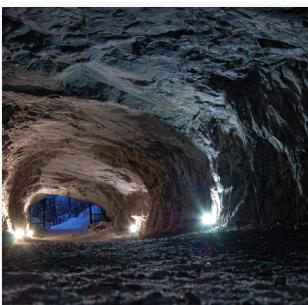
The Giant Clam Sanctuary is a protected marine area dedicated to conserving several species of vibrant, oversized giant clams. Located near the village of Satoalepae, the sanctuary features clear, calm lagoon waters where visitors can snorkel above the coloured clams. Run in partnership with local communities, it supports marine education and sustainable tourism while helping replenish declining clam populations.



Mulifanua Wharf Ferry



Lano Beach



Pe'ape'a Cave



Alofaaga Blowholes



Mu Pagoa Waterfall

5. Mulifanua Wharf Ferry Terminal - 159 kilometers, 238,500 steps

Head to the Mulifanua ferry terminal to jump on a passenger ferry to the second island in Samoa, Savai'i. The terminal is a busy transport hub where locals, tourists, vehicles, and cargo board the inter-island ferries that run several times a day.

6. Lano Beach - 180 kilometers, 238,500 steps

Lano Beach, located on the northeast coast of Savai'i in Samoa, is known for its long stretch of soft white sand, calm lagoon waters, and relaxed, quiet atmosphere. The beach is lined with traditional open-air fales, where visitors can stay right on the shoreline. With excellent swimming and clear water perfect for snorkelling, Lano Beach offers a peaceful, low-key escape that showcases the natural beauty and slower pace of life on Savai'i.

7. Pe'ape'a Cave - 230 kilometers, 313,500 steps

Pe'ape'a Cave, located near the village of Letui on Savai'i, is a lava tube known for being home to the Pe'ape'a, or Samoan swiftlet, a small bird that navigates using echolocation. The cave features impressive volcanic formations and a cool, shadowy interior. Visitors can explore the entrance area, listen to the distinctive clicking sounds of the birds, and learn about how these unique creatures have adapted to life in the dark. Pe'ape'a Cave offers a mix of geology, wildlife, and cultural interest in a quiet, natural setting.

8. Alofaaga Blowholes - 308 kilometers, 430,500 steps

The Alofaaga Blowholes, located in the village of Taga on Savai'i, are one of Samoa's most dramatic natural attractions. Formed by lava tubes that run from the shoreline into the ocean, the blowholes shoot powerful columns of seawater high into the air as waves crash beneath the rocks. The sight is both thrilling and beautiful, with the force of the ocean on full display. Local guides sometimes demonstrate the blowholes' power by launching coconuts into them, sending them flying upward with each surge.

9. Mu Pagoa Waterfall - 358 kilometers, 505,500 steps

Congratulations, you have made it to your final stop on your trip around Samoa! Mu Pagoa Waterfall, located on the southern coast of Savai'i near Palauli, is a coastal waterfall where a river flows directly over black volcanic cliffs and into the ocean. The area around the falls is peaceful and mostly undeveloped, offering visitors a quiet spot to enjoy Samoa's volcanic landscape and the meeting point between fresh water and the Pacific.

10,000 Steps Resources

The 10,000 Steps program is a physical activity initiative that encourages Australians to increase their day to day activity through the use of step counting pedometers or activity trackers. If you would like to use the 10,000 Steps platform to log your steps for the Walk Samoa challenge, head to their website and create a free account. They also have various resources and articles available on their website to help you with your challenge. Finished walking around Samoa? Don't stop now! Try one of the many other challenges listed on the 10,000 steps website: www.10000steps.org.au/



Completing the Challenge

Completing all 505,500 steps over the year is an achievable goal for your walking group! If you meet twice a week, you will have to walk about 10 000 steps per walk to meet the challenge.

Some general tips for getting in as many steps a day as possible include:

- Take the dog for a walk. If you don't have a dog yourself, you might like to volunteer to walk a friend or family member's dog.
- Make it a social walk. Instead of catching up for a coffee, lunch or dinner, suggest a walk with a family member or friend to get some extra steps in.
- Wear your tracker or keep your phone in your pocket when you are doing household chores. You will be surprised by the number of steps you will take doing these everyday tasks.
- Try music, a podcast or audiobook. Get lost in your thoughts as you listen to something engaging whilst out on a walk.
- Include the family. Instead of an afternoon movie, go for a walk or hike together on the weekends.
- Increase your steps at work. Try walking to your colleague's desk instead of sending an email, organising a walking meeting, scheduling some workday walking breaks, or taking a short walk on your lunch break.
- Walk while waiting. Take a walk instead of sitting when you're early for an appointment or waiting for a train, bus or flight.
- Park farther away from the entrance to increase the steps you need to take.
- Take the stairs instead of the lift.

Extra Resources

If you would like to set up a display in your branch or in a community facility, you can request the Walk Samoa posters from your CK buddy to display around a room or hall.

1. Apia



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© Ministry of Health, Ministry of Education, COUNTRY Kitchens, SOWA Country Kitchens

2. Lalomanu Beach



Lalomanu Beach, is one of the country's most famous and picturesque beaches. Known for its bright white sand, clear turquoise water, and views of the nearby uninhabited Nu'uuli Island, it offers some of the best swimming and snorkelling in Samoa. The beach is lined with traditional beach fale, giving visitors a relaxed, authentic island experience.

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3. To Sua Ocean Trench



The To Sua Ocean Trench, is one of Samoa's most iconic natural attractions. It features a huge, deep, water-filled lava sinkhole surrounded by lush tropical gardens, with a long wooden ladder leading down to the vivid turquoise pool below. Fed by the ocean through underwater tunnels, the trench offers a surreal and tranquil swimming experience.

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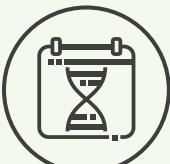
4. Giant Clam Sanctuary



The Giant Clam Sanctuary is a protected marine area dedicated to conserving several species of vibrant, oversized giant clams. The sanctuary features clear, calm lagoon waters where visitors can snorkel above the coloured clams. Run in partnership with local communities, it supports marine education and sustainable tourism while helping replenish declining clam populations.

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Resource Guide - *Walk Samoa*

Helping hands				
Cost				
Time				
Venue resources	Safe walking track			
Equipment	Smart phone, activity tracker or pedometer			
Promotional materials				



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Walk Samoa*

BEFORE ACTIVITY

<input type="checkbox"/>	Create one or more teams and set a team captain for each
<input type="checkbox"/>	Organise a way to count your steps (e.g. pedometer, activity tracker, smart phone)
<input type="checkbox"/>	<i>Optional:</i> set a daily step goal
<input type="checkbox"/>	Print a copy of the step log (pg. 30) for each team captain

DURING THE CHALLENGE

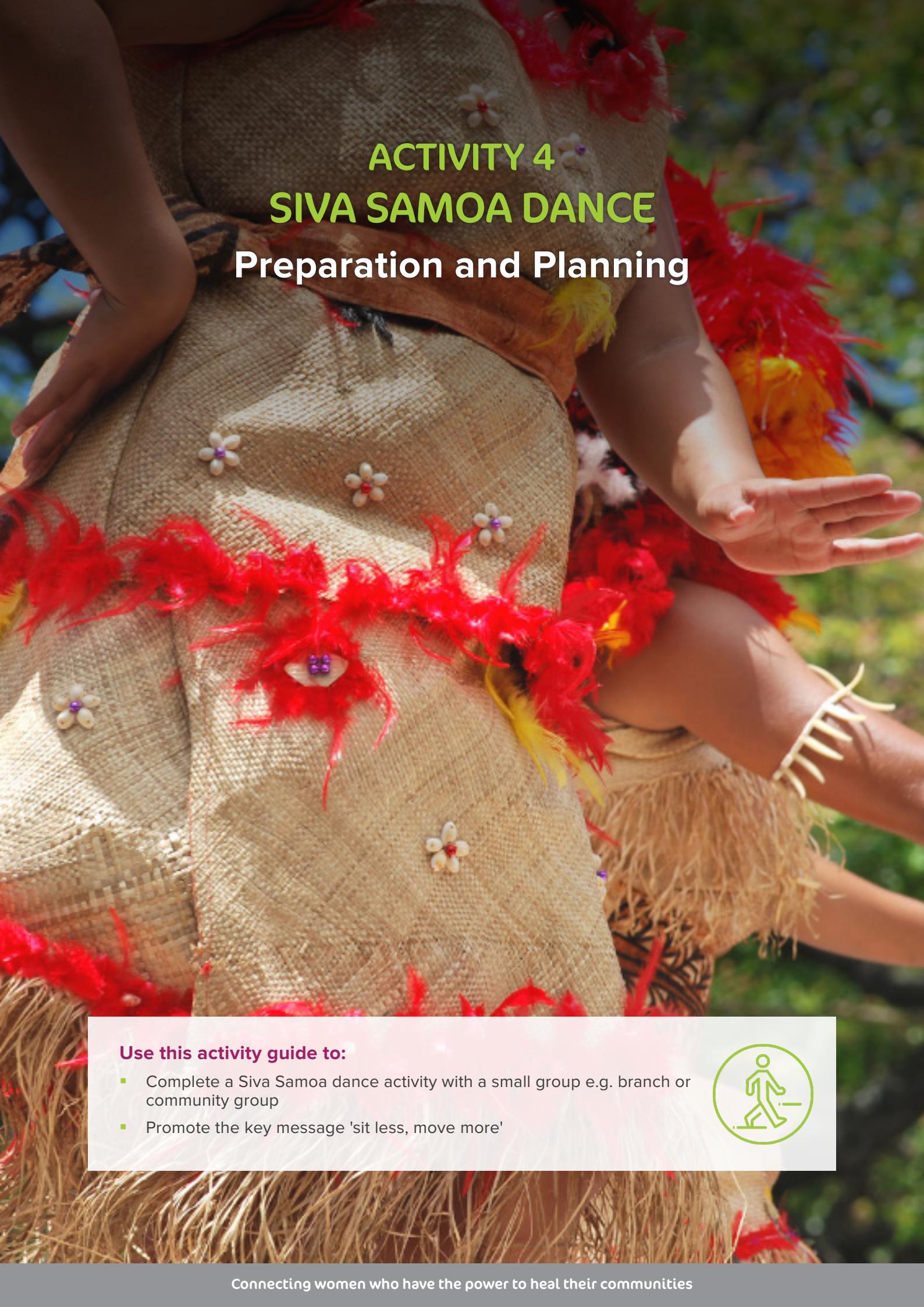
<input type="checkbox"/>	Have each participant track their daily steps
<input type="checkbox"/>	Send daily step counts to the team captain on a regular basis
<input type="checkbox"/>	<i>Optional:</i> organise a team walk to reach your goal faster!
<input type="checkbox"/>	<i>Team captain:</i> record and tally step totals using the step log (pg. 31). Provide updates to your team each time a new location is reached using the information on pg. 25-27
<input type="checkbox"/>	<i>Optional:</i> take photos!

POST ACTIVITY

<input type="checkbox"/>	<i>Optional:</i> post photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your walking activity in your Country Kitchens Monthly Report under the 'Level 3' section

Resources - *Walk Samoa*

Step Log



ACTIVITY 4

SIVA SAMOA DANCE

Preparation and Planning

Use this activity guide to:

- Complete a Siva Samoa dance activity with a small group e.g. branch or community group
- Promote the key message 'sit less, move more'



Overview - *Siva Samoa Dance*

Siva Samoa Dance

The Siva Samoa dance is a traditional Samoan dance that is generally performed by women. It is a graceful, flowing, storytelling dance that is an expression of Samoan culture, characterised by fluid movements. This dance is often performed at weddings, birthdays, social fundraisers, church and village gatherings, with women wearing traditional dress (puletasi) or a sarong (lavalava).

There are several elements that make up a Siva Samoa dance. The dance has an entrance and will usually start and end with a bow. The dance will tell the story of daily life, with movements mimicking activities such as getting dressed or brushing your hair. Learning to dance Siva Samoa is a way for young girls and boys to connect to culture, particularly those with Samoan heritage living outside of the country.



Scan the QR code to learn how to dance the Siva Samoa

Siva Samoa Dance Activity

To celebrate and learn more about the culture of Samoa, try completing this Siva Samoa dance activity with a small group, such as your QCWA branch. This Country Kitchens activity involves a series of seven dance moves which are part of Siva Samoa. Start by practicing the hand movements and then running through the moves with your group once. You may then choose to run through the moves as many times as your group is comfortable with, practicing coordinating the movements into a dance. Use the QR code to see an instructional video of the Siva Samoa. To find a song to dance the Siva Samoa to, search for “Siva Samoa Songs” on YouTube or Spotify.

A key part of the Siva Samoa is perfecting the way your hands and arms move and being able to do this in harmony with the other movements. Typically, as you move your arms, you will also be moving your wrists in a flowing circular or up and down motion. While doing this, you run your thumbs to the tips of your middle finger.



Things to consider:

Listed below are a few things to consider if you choose to complete this activity with your branch, division or other community group.

- **Venue** - this activity requires all participants to move in a number of different directions. Make sure your venue has enough space for the number of participants that will be involved. About two square metres of space per person should be sufficient.
- **Position** - ensure that participants can see and hear you as you instruct them through the dance moves.
- **Fitness and mobility** - exercise progression is unique to every person. Ensure that participants only attempt exercises that they are comfortable with.

Tips before you get started:

- Practice the dance moves before you run through the activity with participants. This will help with the flow of the session. It will also help you to build confidence before you complete the activity in front of a group.

Dance Move 1: The run (mo'emo'e)

Stand with your feet together and then take three small steps forward, and then tap your foot behind you. Repeat this on the right side. Whilst doing this movement, hold your hands up in front of your chest with fists closed and elbows pointing outward. When you tap your foot behind you, look to the left and nod, and then when you repeat the steps and tap your foot to the right, look to the right and nod



Dance Move 2: The bow (ifo)

Bring your hands up in front of you with your palms open and facing your chest, one above the other. Then move your hands out the sides while you bow, bending slightly at the knees. Move your wrists in a slow, flowing movement, mimicking the movement of a wave.



Dance Move 3: Waking up

Cross your arms in front of you and move them upwards, uncrossing them as you move them over your head and bringing them back down to be stretched out by your side. While doing this, add in the flowing hand and wrist movements.



Dance Move 4: Getting dressed

Bend at the knees and bring your hands down to your feet, then lift them up until they are stretched above you, moving your wrists up and down and making flowing hand movements as you go. Then bring your hands back down to your sides.



Dance Move 5: Putting on your shoes

Lift one arm up in the air with your elbow slightly bent, and place your other hand in front of you. With the foot opposite to your arm in the air, put your foot forwards, bend your knee and tap your foot back and forward. With the hand in front of you, follow the movement of your foot tapping forward and back, moving both wrists up and down as you go. Swap and repeat this with the other side.



Dance Move 6: The slide (se'e)

Start with your feet together. Slide your feet to that your toes are together, then slide your heels together. This movement should look like you are gliding from left to right or vice-versa. If moving to the left, lift your arms up to the right and move your wrist up and down to make a gentle wave motion. If moving to the left, lift your arms to the right.



Dance Move 7: The Fa'ataupati (slapdance)

Lift your hands above your head and clap, then bring your right knee up and clap your knee with both hands. Clap above your head again, then bring your left knee up and clap your knee with both hands. Reach your arms out in front of you and clap. Turning your head back, reach your hands behind you and clap. Reach your arms out in front of you again and clap. Lift your right foot up to the side and slap it with your right hand. Point your right foot out to the side, face your body toward this foot and point your arms out to both sides.



Resource Guide - *Siva Samoa Dance*

DIFFICULTY



Helping hands				
Cost				
Time				
Venue resources	Open space			
Equipment	Banner (<i>optional</i>) Music and speakers			
Promotional materials	Posters (<i>optional</i>)			



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Siva Samoa Dance*

BEFORE ACTIVITY

<input type="checkbox"/>	Confirm venue meets space requirements
<input type="checkbox"/>	<i>Optional:</i> organise promotional materials and equipment (banner, posters, music and speakers)

ON THE DAY

<input type="checkbox"/>	<i>Optional:</i> set up promotional materials and equipment
<input type="checkbox"/>	Introduce yourself, the Country Kitchens program, and the activity
<input type="checkbox"/>	Spread participants out so everyone has enough space to complete the movements
<input type="checkbox"/>	Lead participants through the Siva Samoa dance moves
<input type="checkbox"/>	Take photos during the activity
<input type="checkbox"/>	Pack up and leave venue tidy
<input type="checkbox"/>	<i>Optional:</i> organise the next <i>sit less, move more</i> session with the group

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your Siva Samoa dance activity in your Country Kitchens Monthly Report under the 'Level 3' section

APPENDIX

Samoa Recipes



The Country Kitchens team has put together a collection of eleven healthy recipes to feature for the 2026 QCWA Country of Study - Samoa. These recipes encompass the diversity of Samoan food culture and utilise a number of staple ingredients and fresh produce found in Samoa. Request extra copies of the Country Kitchens *Samoa Recipe Booklet* from the team.



Banana Coconut Rice Pudding

Serves: 6

Prep time: 5 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 cup short grain rice

¼ cup brown sugar

2 x 375mL cans light and creamy coconut flavoured evaporated milk OR

2x 400mL lite coconut milk

1 teaspoon vanilla extract

3 bananas, thinly sliced

Cinnamon, for garnish

Method

ADD rice and 2 cups of water in a saucepan, bring to the boil and then reduce to medium heat.

COVER rice and cook for 5 minutes or until most of water is absorbed.

ADD sugar, coconut milk and vanilla essence before bringing it to the boil again.

REDUCE heat to low and simmer for 20 minutes, stirring occasionally to prevent sticking, until rice is soft and liquid is fully absorbed.

SERVE rice topped with banana slices (½ banana per serve) and sprinkle with ground cinnamon.

What's Great About It?

Our Samoan banana coconut rice pudding is a simple, budget-friendly recipe made with everyday ingredients.

The ripe bananas add natural sweetness, and whilst not traditional, any fruit can be substituted depending on what's available — mango, berries, papaya, sliced stone fruit, or kiwifruit all work well. It's easy to make, versatile, and delicious served warm or chilled.



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa

Keke Pua'a (Pork Buns)

Serves: 12

Prep time: 40 minutes + 1 hour proofing

Cook time: 30 minutes



1/2 serve per portion

Ingredients

Dough:

1 tablespoon yeast

1/4 cup very warm water

1 teaspoon sugar

1 cup warm milk

2 tablespoons oil

1 tablespoon sugar

2 3/4 cup plain flour

1 teaspoon salt

1/2 teaspoon baking powder

1 teaspoon oil (for greasing bowl)

Filling:

2 tablespoons olive oil

1 brown onion, thinly sliced

2 tablespoons brown sugar

2 garlic cloves, crushed

1 teaspoon fresh ginger, grated

250g lean pork mince



DISCRETIONARY FOOD

2 cups cabbage, shredded

1 cup frozen corn, carrot, pea mix

2 tablespoons corn flour

2 tablespoons oyster sauce

2 tablespoons soy sauce

1/2 cup water

Method

Dough:

ADD yeast, warm water and one teaspoon sugar to a small bowl and stir to activate. Leave for 10 minutes until yeast gets frothy.

ADD warm milk, oil and remaining tablespoon of sugar to a large bowl and mix well. Add in yeast mixture once frothy and mix.

ADD flour, salt and baking powder to bowl and mix until dough starts to form.

TURN mixture out onto a floured board and thoroughly coat hands in flour.

KNEAD dough for about 10 minutes, adding more flour to your board and hands as needed.

GREASE the bowl with a teaspoon of oil and place the dough back in. Cover and leave for 1 to 1 1/2 hours, until the dough has doubled in size.

Keke Pua'a (Pork Buns)

Method

Filling:

HEAT olive oil in a saucepan over medium heat and add onion once hot. Fry until translucent and soft – about 10 minutes.

ADD brown sugar, garlic and ginger and cook for a further 1-2 minutes or until fragrant.

ADD pork mince and fry until it starts to brown.

ADD cabbage and frozen vegetable mix and fry until cabbage has softened – 3-5 minutes.

STIR in corn flour and oyster sauce until everything is evenly coated then pour in water.

SIMMER until sauce thickens, 1-2 minutes, then remove from heat and allow to cool.

Assembly:

CUT 12 squares of baking paper to sit underneath each bun (about 8cm x 8cm).

PUNCH air out of dough, then gently roll into a log and slice into 12 even pieces.

PRESS each piece of dough into a circle, about 10cm in diameter and 0.5cm thick.

EVENLY distribute the filling amongst the 12 rounds of flattened dough, being careful not to get it on the edges, then pinch the dough closed around the filling.

PLACE each pinched bun onto a square of prepared baking paper. If you struggled to get the pinched seam neat, you can place the pinched side down on the paper to hide it.

ARRANGE buns in a steamer over a pot of boiling water and steam for 15. Don't overcrowd the steamer as the buns will expand as they cook – you will need to cook in batches.

What's Great About It?

Keke pua'a are Samoa's take on the classic Chinese steamed pork buns. This island twist came about after the immigration of Chinese settlers to Samoa in the late 1800's. These buns have now become a cherished staple in Samoan kitchens.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa

Mango Chicken Salad

Serves: 6

Prep time: 20 minutes + cooling time

Cook time: 30 minutes

 2 serves per portion

Ingredients

3 sweet potatoes, cut into small cubes
3 tablespoons olive oil
2 teaspoons of cumin
500 grams chicken breast, sliced thinly
Pinch of pepper
2 cups spinach
1 small red onion, diced
100 grams feta, crumbled
½ cup pine nuts, toasted
1 mango, sliced
1 avocado, sliced

Dressing:

1 mango
1 tablespoon olive oil
2 limes, juiced
1 tablespoon water
Pinch of chilli powder (*optional*)

Method

PLACE sweet potatoes on baking tray with 2 tablespoons of olive oil and half of the cumin.

BAKE for 30 minutes or until soft. Set aside to cool.

TOSS sliced chicken with olive oil, black pepper and remaining cumin.

HEAT remaining olive oil in a pan over medium heat and fry chicken until cooked through, about 10 minutes. Set aside.

TOAST pine nuts in pan over medium heat until golden. Set aside.

PLACE all dressing ingredients into a blender and blend until smooth.

ADD spinach, red onion, feta, pine nuts, sliced mango and avocado to large salad bowl. Top with the cooked chicken.

DRIZZLE salad with desired amount of dressing before serving.

STORE remaining salad dressing in the fridge in an airtight container for up to 5 days.

What's Great About It?

This colourful salad is perfect for the festive season and makes a great main meal or lunch. The pine nuts give it a lovely crunch and the avocado and dressing pair together perfectly with the sweet potato. With three different coloured fruit and veggies you are sure to get a range of nutrients!

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



EVERYDAY FOOD

Meatball and Root Vegetable Salad

Serves: 6

Prep time: 25 minutes

Cook time: 45 minutes



1 ½ serves per portion

Ingredients

500g lean beef mince

1 egg

½ cup breadcrumbs

1 teaspoon garlic powder

½ teaspoon paprika

Salt and pepper, to taste

1 large parsnip, cubed

1 medium sweet potato, cubed

2 tablespoons olive oil

½ cup light coconut cream

2 tablespoons water

1 punnet cherry tomatoes, halved

2 corn on the cob, cut into 6 pieces

4 spring onions, thinly sliced

1 cup shredded green cabbage or wombok

Method

PREHEAT oven to 180°C.

ADD mince, egg, breadcrumbs, garlic powder, paprika, salt and pepper to a large bowl and mix well.

FORM beef mixture into small balls, roughly golf ball sized.

ARRANGE meatballs in a large baking dish with the parsnip and sweet potato.

DRIZZLE olive oil on top until meatballs and vegetables are coated.

BAKE in oven for 30 minutes, turning halfway through.

MIX coconut cream and water in a bowl until smooth.

REMOVE baking dish from oven and add in coconut cream, tomatoes, and corn.

BAKE for a further 15 minutes then remove from oven and arrange on a platter.

TOP with spring onions and cabbage and serve.

What's Great About It?

This colourful dish is perfect for the whole family! The coconut milk makes the meatballs extra moist and adds a delicious flavour to the dish. Easily swap out the sweet potato and parsnip for your root vegetables of choice - turnips, swede and taro all work well.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



EVERYDAY FOOD

Oka I'a (Raw Fish Salad)

Serves: 5

Prep time: 15 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

500g fresh firm fish (e.g. snapper, flathead or kingfish), diced into 1cm cubes

½ cup fresh lemon or lime juice

¼ brown onion, finely diced

2 spring onions, thinly sliced

2 tomatoes, diced into small cubes

1 Lebanese cucumber, diced into small cubes

1 cup light coconut milk

Salt and pepper, to taste

1 chilli, finely chopped (*optional*)

Method

PLACE diced fish in a bowl and cover with the freshly squeezed juice.

MARINADE fish for 10-15 minutes until opaque in colour. Drain excess juice off the fish.

ADD the onion, spring onions, tomato and cucumber to the fish and toss to combine.

STIR in the coconut milk and season with salt and pepper to taste.

REFRIGERATE for an hour before serving.

GARNISH with chilli.

What's Great About It?

Oka i'a is the Samoan version of ceviche or fish salad. The key to this recipe is making sure the fish is as fresh as possible and has a firm texture. Simple to prepare using just a few ingredients, serve this salad as a starter or light meal. Try serving it on a bed of lettuce and garnished with coriander or parsley for extra flavour.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



EVERYDAY FOOD

Palusami

Serves: 10

Prep time: 10 minutes

Cook time: 60 minutes



1 serve per portion

Ingredients

2 garlic cloves, minced

270mL can light coconut milk

270mL can light coconut cream

2 teaspoons sriracha hot sauce

Salt and pepper, to taste

1 bunch of silver beet, stems separated

280g bag baby spinach

1 white onion, thickly sliced



EVERYDAY FOOD

Method

PREHEAT oven to 180°C.

MIX the crushed garlic, coconut milk and cream, sriracha and salt and pepper in a bowl to make a sauce.

CHOP the silver beet leaves into 3 large and place half in the bottom of a baking dish. Top with half of the sliced onion and silver beet stems.

POUR a third of the coconut sauce over the onions and silver beet.

ADD all of the spinach in one layer over the onion and silver beet then pour another third of the coconut sauce evenly over the top.

ADD the remaining silver beet leaves and stems topped by the last of the onion slices then pour over the remaining coconut sauce.

WRAP tightly in two layers of foil and bake for 1 hour.

SERVE a side dish to accompany meats or BBQ mains.

What's Great About It?

Palusami are a traditional Samoan dish consisting of young taro leaves wrapped around a filling of coconut cream, onion and sometimes corned beef, secured into a small parcel using banana leaf and traditionally cooked in an umu (earth oven). Each region has its own style of preparing palusami, whether that's vegetarian or with meat (corned beef, tuna or even spicy mince). You will always find a platter of palusami at ceremonies such as weddings, funerals, birthdays and other important celebrations. Our version uses silver beet and spinach in place of young taro leaves which can be hard to find and is cooked in a tray in the oven. While not an exact match to the traditional recipe, it is similar in taste and can be served as a side to meat dishes or BBQ.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa

Pineapple, Coconut and Mango Muffins

Serves: 12

Prep time: 20 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 egg, lightly whisked

270mL can light coconut milk

1 ½ cups flour, self-raising

400g can pineapple pieces in juice, drained

1 cup (130g) dried mango, finely diced

¼ cup sugar

½ cup rolled oats

½ cup shredded coconut

2 tablespoons honey

Method

PREHEAT oven to 180°C and line a 12-hole muffin tin with baking paper.

ADD egg, coconut milk, flour, pineapple pieces, ¾ cup of the mango pieces and sugar to a large bowl and mix well.

SCOOP batter evenly into prepared muffin tin.

ADD remaining mango pieces, oats and shredded coconut to the bowl.

HEAT honey for 15 seconds in the microwave until nice and runny then pour over the oat mixture and mix well.

DISTRIBUTE oat mixture evenly on top of each muffin.

BAKE for 25 minutes or until golden brown and a skewer comes out clean.

What's Great About It?

The tropical flavours of pineapple and coconut are commonly found in many Samoan sweet buns and desserts. These muffins have been modified to contain a reduced amount of sugar, and extra fruit in the form of dried mango. The crunchy coconut and oat topping really makes these muffins shine!

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



DISCRETIONARY FOOD

Sapasui

Serves: 6-8

Prep time: 15 minutes

Cook time: 30 minutes



1 ½ serves per portion

Ingredients

300g vermicelli noodles

1 tablespoon olive oil

1 brown onion, diced

1 carrot, diced

4 cloves garlic, finely chopped

1 tablespoon ginger, finely grated

600g lean rump beef, diced

3 cups green cabbage, shredded

2 cups frozen peas, carrot and corn

½ cup dark soy sauce, salt reduced

3 cups boiling water

Method

SOAK vermicelli noodles in cold water for 15 minutes. Drain and use scissors to chop the noodles into smaller strands.

HEAT oil in frypan over medium-high heat. Fry the onion, carrot, garlic and ginger for 5 minutes until soft.

ADD meat to frypan and cook for 5 minutes until browned.

MIX in the cabbage and frozen vegetables and cook for 5 minutes.

STIR through the soy sauce, vermicelli noodles and 3 cups of boiling water.

COVER and simmer for 10-15 minutes, stirring occasionally and adding more water if needed.

What's Great About It?

A favourite dish in Samoa, sapasui is the Samoan version of Chinese chop suey. Often served at family gatherings, it will usually be accompanied by taro, bread or other starchy foods. This sapasui has been modified to include more vegetables with the addition of carrot, cabbage and frozen vegetables, contributing to your daily veggie intake!

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



EVERYDAY FOOD

Soifua Maloloina (Potato Salad)

Serves: 6

Prep time: 15 minutes

Cook time: 20-25 minutes



2 serves per portion

Ingredients

1 kg potatoes, cubed

4 celery stalks, finely chopped

1 cup frozen peas and corn mix, cooked according to packet instructions

1 red capsicum, diced

4 spring onions, thinly sliced

Dressing:

½ cup plain Greek yoghurt

2 tablespoons mayonnaise

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 tablespoon, olive oil

2 garlic cloves, minced

Method

PLACE potatoes in a large saucepan. Cover with cold water and bring to the boil. Cook uncovered for about 15 minutes or until tender.

DRAIN potatoes and transfer to a large bowl.

COMBINE all dressing ingredients then pour over potatoes while still hot and mix well.

ADD the celery, peas, corn and capsicum to the potatoes. Stir gently to combine.

COOL in the fridge before serving.

What's Great About It?

The perfect accompaniment to a summer BBQ, potato salad is commonly served at Samoan gatherings and is a creamy, mayo-based dish featuring added veggies such as peas, corn, carrots and sometimes even beetroot. Our version has been health-a-sized with a bit of Greek yoghurt to cut down the amount of mayonnaise, with spring onion and capsicum for some extra veg! Leave the skin on the potato for extra fibre.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



EVERYDAY FOOD

Supo Esi (Papaya Soup)

Serves: 10

Prep time: 10 minutes

Cook time: 30 minutes



1 serve per portion

Ingredients

1 cup pearl tapioca

2-3 ripe papayas or pawpaws, skin and seeds removed, chopped (1.5kg flesh)

4 cups water

400mL can light coconut milk

½ cup sugar

½ cup coconut flakes, toasted (optional)



Method

MEASURE pearl tapioca into a small bowl and cover with water.

PLACE chopped papaya into a large saucepan and cover with 4 cups of water.

COVER with a lid and bring to the boil, then remove lid and boil for 15 minutes, stirring occasionally.

MASH the papaya in the saucepan to turn it into a pulp.

ADD pearl tapioca to the papaya and stir. Stir continuously over the heat for 5-10 minutes until the mixture thickens and the tapioca is translucent.

STIR in the sugar and coconut milk and simmer for a few more minutes, stirring continuously.

SERVE hot or chilled, garnished with coconut flakes.

DISCRETIONARY FOOD

What's Great About It?

Supo Esi is the Samoan version of porridge, traditionally served warm for breakfast with coconut bread. When cooled it will thicken even further to a custard-like consistency, making a delicious snack or dessert. With its vibrant yellow colour, this dish provides a serve of fruit with each portion. Some papayas are naturally very sweet, so make sure to taste the supo esi before adding the sugar, as you may not need as much.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa

Sweet Potato in Creamy Coconut Sauce

Serves: 6

Prep time: 5 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

2 large sweet potatoes, washed and cut into cubes

1 brown onion, finely diced

3 cloves garlic, crushed

1 x 400mL can light coconut milk

½ cup vegetable stock



EVERYDAY FOOD

Method

ADD sweet potato, onion, garlic, coconut cream and vegetable stock to a large saucepan and cover with a lid. Bring to the boil.

REDUCE the heat, remove the lid and simmer the sweet potato until cooked through (around 10-15 minutes). Stir occasionally to prevent sticking.

SERVE alongside your choice of protein and green vegetables.

What's Great About It?

This dish is a more accessible alternative to fa'alifū kalo or Samoan style coconut cream taro. Traditionally made by boiling taro twice - once in water and a second time in coconut cream with onion salt, this version is quicker to prepare and uses sweet potato which is easier to come by. This slightly sweet side dish brings a balance of flavour to any meal and is perfect served alongside other sides such as the palusami or a protein source.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa

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