

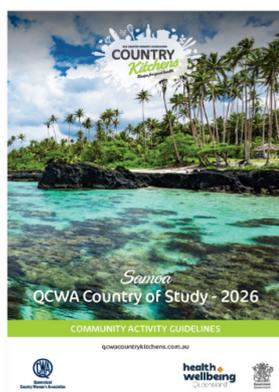


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by email

QCWA 2026 Country of Study: Samoa

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the 5 key messages.

To help you promote Samoa in your branch and community throughout 2026, Country Kitchens has launched four new resources, including: (1) *Samoa Community Activity Guidelines*; (2) *Samoa Produce and Cuisine Flip Cards*; (3) *Samoa Poster*; and (4) *Samoa Recipe Booklet*.



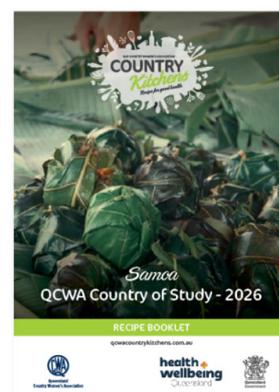
Samoa Community Activity Guidelines



Samoa Produce and Cuisine Flip Cards



Samoa Poster



Samoa Recipe Booklet

Samoa Community Activity Guidelines

The *Samoa Community Activity Guidelines* provide background information on agriculture, cuisine, and popular dishes. They also outline four activities that you or your branch can complete to promote this year's Country of Study. These activities support Level 2 and/or 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guideline training booklets, and consist of a resource guide, event checklist, and session plan template to help you plan and undertake them.

Activity 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the *Samoa Recipe Booklet*.

There are 11 delicious recipes to choose from for your next recipe promotion at your branch or community event.

Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.



Activity 2: Samoa Showcase

Incorporate Samoa into your next showcase with our colourful resources. Display the *poster* and interact with the public with our *flip cards* about Samoan produce and cuisine. Prepare a taste tester from the *Samoa Recipe Booklet*, or kick it up a notch and complete a live cooking demonstration! This activity promotes all of the Country Kitchens 5 key messages.



Activity 3: Walk Samoa

Reach your physical activity goals by completing this *Walk Samoa* activity with your branch, family, or group of friends! Stop at nine attractions across two Islands as you accumulate 505,500 total steps over time. This is a great way to learn about the different destinations of the Country of Study, and engage in some healthy competition! Complete this activity to promote the key message 'sit less, move more'.

Activity 4: Siva Samoa Dance

The Siva Samoa dance is a traditional dance that is graceful, flowing and storytelling, and is often performed at weddings, birthdays, social fundraisers, churches and other gatherings. To celebrate and learn more about the culture of Samoa, try completing this activity with a small group, such as your QCWA branch. This activity promotes the 'sit less, move more' key message.

Using the Country of Study Resources

Each branch will receive a Country Kitchens Samoa resource pack, consisting of one hardcopy of the *Community Activity Guidelines*, *Flip Cards*, *Poster* and *Recipe Booklet*. These have been distributed to delegates at the International Study Conference, or will be posted to facilitators following the conference.

To order more copies of the *Samoa Recipe Booklet* or to request recipe cards, get in touch with your Country Kitchens buddy. Alternatively, you can download a digital copy of the resources [here](#).

If you use any of the Country Kitchens Samoa resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call, or tag us on social media (Facebook: @qcwacountrykitchens, Instagram: @countrykitchens). And as always, don't forget to include any Country Kitchens Samoa activities in your monthly branch reports! We hope you enjoy the resources as much as we do.