

*Nutritionists Diana Anderson, Angela Tsang and Hereni Marshall developing the budget board game resource for Cook'n Kiwi*

## **Cook'n Kiwi: 'Healthy eating on a budget' train the trainer programme**

**The Cook'n Kiwi programme has been running since 2009 and aims to provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition. Based on a 'train the trainer' model, the Cook'n Kiwi programme trains staff from community focused organisations across the Auckland region to deliver healthy eating on a budget to clients that they work with.**

The programme has trained a variety of organisations including mental health and adult literacy providers, residential care providers, community centres and sports providers. Other Auckland based community nutrition programmes such as Health Eating, Active Lifestyles; Food for Thought and Healthy Kai also use Cook'n Kiwi content.

The programme content includes information on making healthy choices, label reading, budgeting and exercise. Team cooking during the programme is always a highlight providing interaction, hands on activity and the chance to prepare healthy food that tastes great. The information provided by the Cook'n Kiwi programme can be combined in modules together with exercise sessions or cooking sessions and then formally presented to a client group. Information can also be passed onto clients on an informal basis during client visits.

The five hour training programme runs over a period of two days and is currently offered twice a week. Resources are provided to support organisations in the form of a training kit which includes a training manual, sugar and fat display, the DVD "Shop for your Life" and the "Shopping Game". Follow up support is also provided to the organisations after the completion of their training which includes receiving newsletters and health updates, resources and further training in motivational interviewing.

An evaluation of the Cook'n Kiwi programme was undertaken in 2011 and found that it had a positive impact on both nutrition knowledge and perception towards healthy eating of participants. With an increase in nutrition knowledge alongside practical resources and ongoing support this programme provides organisations with the confidence to be able to deliver healthy eating messages to their staff and clients.

### **Some feedback from the programme include:**

"Since attending your workshop I have lost three kilograms which I would not have been able to do on my own steam. I no longer make excuses to walk when the weather is not great and have managed to walk in high winds which previously was always a no no for me. I am now a more confident person when making choices regarding my health". Maria

"I came along to your programme because a friend said how much she had enjoyed it. I thought it would be a good push to get me back into healthy eating and exercise. I found the label reading very helpful along with many other snippets of information. Thank you". Veneta. 🍷

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