



Stir it UP!

Sharing good food & healthy eating



Stir it up! is an exciting project where volunteers learn to promote good food and healthy eating in their local community. Volunteer peer-educators receive training with a focus on healthy eating, practical food ideas, presentation skills, kitchen safety and food hygiene.

When peer-educators complete their training, they receive a statement of attainment from TAFE, and work with members of the local community on a variety of healthy food activities.

What will a *Stir it up!* volunteer need to do?

- complete nine weeks of TAFE training (one day per week for three hours)
- attend regular training update days (three hours) at least twice a year
- run at least two healthy food activities each year

What *Stir it up!* activities can I be involved in?

- food activities with schools and preschools
- cooking demonstrations
- community gardens
- school canteens and breakfast clubs
- healthy eating talks
- supermarket tours
- Healthy eating exhibitions and displays.



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Why should I be involved in *Stir it up!*? To...

- help you learn about healthy food
- teach you the skills needed to help other people learn about healthy food
- give you the confidence to do talks, conduct cooking demonstrations and other activities
- provide you with entry into TAFE and a nationally-recognised TAFE qualification
- give you access to ongoing training and support.

For more information or to register your interest please contact:

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