



Cooking Up a Storm Community Kitchen Project Report

Information and Resources

2009 – 2013

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PROMOTING HEALTHY LIFESTYLES

-with a focus on preventing chronic diseases through physical activity and nutrition

Integrated Health Promotion Evaluation Plan

Objective: To Establish 3 Community Kitchens – Cooking Up a Storm Project

1.1 Overview of Cooking Up a Storm Community Kitchen Project

Cooking Up a Storm Community Kitchen Project is an objective of Promoting Healthy Lifestyles priority with the goal to increase participation of physical activity and improve access to nutritious food.

The SMPCP area is one that produces a high percentage of foods from fruits, vegetables, wheat, grain, and dairy products but access across the catchment to healthy foods can be limited. To help address the issue of food access and security the SMPCP applied for and received funding to help establish a community kitchen program (Cooking up a Storm in Rural Communities). It is viewed that this project will help address issues of social connectedness and mental wellbeing in rural communities by offering participants a chance to socialise, cook and enjoy nutritious, delicious and affordable meals. The community kitchen model uses community development principles designed to help with personal empowerment and improve the teamwork & leadership skills of participants. The program will also investigate some of the access issues faced in our rural community. Evaluation of the program is to inform all involved if the process undertaken in engaging stakeholders that a productive partnership has eventuated, has the preparation and implementation process of the project resulted in community kitchens that have reached the intended outcomes of being sustained independently, increased access to nutritious food and are inclusive of all in the community.

1.2 PROGRAM LOGIC

Inputs	Activities	Outputs	Impacts	Outcomes
<p>\$40000 grant – DHS 2009 Sustaining Community Wellbeing Program</p> <ul style="list-style-type: none"> Project Officer, 2 days per week, administration & travel - \$29391 Project costs – marketing, workshops, training, resources - \$10870 <p>Project Coordinator</p> <p>Cooking up a Storm Working Group inclusive of: Community Women's Health IHP agencies East Wimmera Health Service Northern District Health Service Swan Hill District Health</p> <p>Local Government representatives: Buloke Shire Council Gannawarra Shire Council</p>	<p>Social marketing and Health information Develop & distribute social marketing material;</p> <ul style="list-style-type: none"> Utilise local community meeting, newspaper, radio etc to promote & inform community of community kitchen opportunity Eol for Community Groups etc as a site for the community kitchen promoted Local promotion of the community kitchen once operating Other promotional material as required 	<ul style="list-style-type: none"> Number of media articles pre & post Number of locations promotional material placed Number of community meetings where CUaS is presented Number of information sessions held Number of people attending information sessions & demographics 	<p>Cooking Up a Storm Community Kitchen established in one small, (population less than 1500), drought effected community per LGA – Buloke, Gannawarra, Swan Hill and supported by SMPCP</p> <p>Promoting Healthy Lifestyle committee</p>	<p>Established and sustained Community Kitchen in one small, (population less than 1500), drought effected community per LGA – Buloke, Gannawarra, Swan Hill</p> <p>Increased access to nutritious foods</p> <p>A Community Kitchen that promotes and offers opportunities for all members of the community to be socially connected.</p>

<p>Swan Hill Rural City Council</p> <p>SMPCP Promoting Healthy Lifestyles Committee members inclusive of above and community support agencies</p> <p>Community Members Community Groups/Organisation</p>	<p>Community action</p> <p>Support and encourage the community in 3 towns (1 per LGA) to participate and take ownership of the Community Kitchen</p> <ul style="list-style-type: none"> Considering a staged approach across the catchment 	<ul style="list-style-type: none"> Number of stakeholders identified and met with Number of CUaS information sessions per LGA <p>Consumer Participation & Leadership</p> <ul style="list-style-type: none"> Number of people attending CUaS information sessions Number of Eol requiring assistance to complete 		
	<p>Settings & Supportive Environments</p> <p>Investigate and research community kitchen models based on small rural communities</p> <p>Investigate and advocate for identified barriers to accessing nutritious food across the catchment i.e. Transport/Cost etc</p> <ul style="list-style-type: none"> Map potential community kitchen sites and possible interested groups, community members to be involved etc. <p>Invite and identify key community groups / members / organisations and sites for the pilot site for the 3 Community Kitchens (1 per LGA) Eol to be developed</p>	<ul style="list-style-type: none"> Number of examples of small rural CK presented to CUaS working group Mapping completed inclusive of transport routes, access to nutritious food, kitchen sites Key community groups and individuals identified Invitation to key community groups and individuals to complete CUaS Eol for community kitchen pilot project 		

	Partnerships Develop partnerships between key organisations via the formation of a Working Group to plan, implement & evaluate the Cooking up a Storm Project	<ul style="list-style-type: none"> • Number of organisations on working group • Minutes of meetings • Number of meetings held 		
	Workforce Development Increase knowledge of Community Kitchen facilitators and group members (where appropriate) in regards to; food safety, recipe ideas, group facilitation skills, nutrition education etc.	<ul style="list-style-type: none"> • Training of Project Coordinator • Guest speakers sourced for CUaS kitchens as requested • Number of facilitator training sessions conducted • Number of participants who complete food safety training 		
	Organisational Development Revise Cooking up a Storm Project Plan Expression of Interest (Eol) process to be developed inviting community groups, community members, agencies to submit to be involved in the project and a site for the community kitchen	<ul style="list-style-type: none"> • Project plan reviewed by CUaS Working Group • Eol process developed and promoted to communities eligible to apply • Community groups and community members identified and informed of CUaS Community Kitchen project • Working group offer support in completing Eol 		
	Resources Appoint Project Coordinator to oversee project.	<ul style="list-style-type: none"> • Project coordinator appointed 		

2.1 Purpose of the evaluation

Evaluation of the program is to inform all involved if the process undertaken in engaging stakeholders has resulted in a productive partnership that has fulfilled the program goals. The structure of the preparation process and implementation will demonstrate if the project progressed in an appropriate time frame and ultimately reached the target of small drought affected communities. Evaluation of the outcome of the project will demonstrate if the preparation work undertaken has provided a stable platform for communities to build their capacity in individual knowledge, skills and health and strengthened their local community to be socially inclusive.

2.2 Evaluation Questions	2.3 Evaluation Resources
PROCESS Was process of project development progressive and achieved delivery to community Did the working group work as a productive partnership Did delivery to community reach small rural communities Have we received Eol from eligible communities	Cooking Up a Storm Working group Project Coordinator Meeting Minutes Project documents developed Information session evaluation Completed and submitted Eol Project funding application Gantt chart Project funding \$40000
IMPACT Has training been provided to build the capacity of facilitators & groups 3 Community Kitchens established and ongoing Have opportunities been provided to groups not successful in Eol process	Pre and post Community Kitchen surveys – CK manual Facilitator training session – attendance records, agenda, evaluation Facilitator Community Kitchen reports Promoting Healthy Lifestyle Committee Cooking Up a Storm Working Group Project funding application
OUTCOME How many Cooking Up a Storm Community Kitchens have continued How many other community kitchens have established across SMPCP catchment	Mapping – Promoting Healthy Lifestyle Committee Cooking Up a Storm Community Kitchens

“The SMPCP members and other key stakeholders will work together in a planned way for the next three years to increase opportunities for participation in physical activity and promote accessible and nutritious food in our communities”.

Integrated Health Promotion Plan

Priority Goal:	To increase participation in physical activity and improve access to nutritious food
Objective (s):	<ul style="list-style-type: none"> To establish 3 Community Kitchens (Cooking up a Storm Project)
Est. Impacts (Qual/ Quant)	<ul style="list-style-type: none"> 3 Community kitchens established in drought affected rural communities Increased promotion of nutritious food options and initiatives Increased promotion of physical activity 1 Council incorporates Healthy by Design / healthy urban planning principles within their Municipal Public Health & Wellbeing Plan Increased capacity of members of the Promoting Healthy Lifestyles Committee to support and promote healthy lifestyle initiatives

Objective 1. To establish 3 Community Kitchens (Cooking up a Storm Project)			
Impact Evaluation	Evaluation Methods /Tools	Evaluation Timelines	Key Implementation Partners (Roles and Responsibilities)
<p>Consumer participation & leadership Community members are actively involved in HP planning and development</p> <p>Changed attitudes Change in individuals' attitudes, motivations and behavioural intentions concerning healthy lifestyles</p> <p>Community Strengthening Social Capital Increased participation in community life, including social and physical activities</p>	<p>CUaS Community Kitchen participant survey – Community Kitchen manual</p> <p>Facilitator Kitchen report – Community Kitchen manual</p> <p>Community Kitchen Participant Interviews</p>	<p>Survey conducted pre kitchen commencing</p> <p>Survey repeated in 3 months of kitchen commencing</p> <p>Survey repeated 6 months of kitchen commencing</p> <p>Survey repeated 12 months of kitchen commencing</p> <p>Reports analysed quarterly</p> <p>June 2012</p>	<p>Community kitchen facilitator – deliver survey according to timeline SMPCP staff – collate survey CUaS Working Group & PHL Committee analyse survey Project Coordinator Support</p>

Summary of mix of Interventions	Population Target Group/s:	Process Evaluation	Tools	Evaluation timelines	Key implementation partners (Roles & Responsibilities)
Social marketing and Health information Develop & distribute social marketing material; <ul style="list-style-type: none"> Utilise local community meeting, newspaper, radio etc to promote & inform community of community kitchen opportunity Eol for Community Groups etc as a site for the community kitchen promoted Local promotion of the community kitchen once operating Other promotional material as required 	Community members (Climate affected small rural Community)	Reach 60 community members	Communication strategy - media distribution record -identified key community groups & members -information session sites Information session evaluation	May 2011	Cooking up a Storm Working Group, Project Coordinator Lead: Community Womens Health IHP agencies (EWHS/NDCHS/SHDH)
		Increased Knowledge 70% attendees	Information session evaluation	May 2011	
Community action Support and encourage the community in 3 towns (1 per LGA) to participate and take ownership of the Community Kitchen <ul style="list-style-type: none"> Considering a staged approach across the catchment 	Communities (Climate affected small rural Community)	Reach 6 Eol Received – 2 per LGA	Information session evaluation Submitted Eol Project Coordinator summary – enablers & barriers to submitting Eol	June 2011	Cooking up a Storm Working Group & Project Coordinator Lead: Community Womens Health IHP agencies (EWHS/NDCHS/SHDH) SMPCP Promoting Healthy Lifestyles Committee members, Community Members / Groups
Settings & Supportive Environments Investigate and research community kitchen models based on small rural communities Investigate and advocate for identified barriers to accessing nutritious food across the catchment i.e. Transport/Cost etc <ul style="list-style-type: none"> Map potential community kitchen sites and possible interested groups, community members to be involved etc. Invite and identify key community groups / members / organisations and sites for the pilot site for the 3 Community Kitchens (1 per LGA) <ul style="list-style-type: none"> Eol to be developed 	SMPCP Promoting Healthy Lifestyle Committee CUaS Working Group Communities (Climate affected small rural Community)	Increased knowledge	Meeting minutes Community Kitchen Case Studies Communication Strategy Nutritious foods, Physical activity programs, Policies, Plans, Strategies & Environments Mapping Working group reflective interview	June 2011 June 2012	SMPCP Promoting Healthy Lifestyles Committee, Cooking up a Storm Working Group, Project Coordinator & SMPCP Staff SMPCP Promoting Healthy Lifestyles Committee, Cooking up a Storm Working Group, Project Coordinator & SMPCP Staff Cooking up a Storm Working Group, Project Coordinator & SMPCP Staff, SMPCP Promoting Healthy Lifestyles Committee Lead: Community Womens Health IHP agencies (EWHS/NDCHS/SHDH)

Partnerships Develop partnerships between key organisations via the formation of a Working Group to plan, implement & evaluate the Cooking up a Storm Project	SMPCP Promoting Healthy Lifestyles Committee members and other interested agencies	Partnerships	Minutes of meetings -attendance list All lead agencies participate in 70% of working group meetings	June 2011 June 2012	SMPCP staff & Project Coordinator Cooking up a Storm Working Group to be established, working group is linked to SMPCP Promoting Healthy Lifestyles Committee
Workforce Development Increase knowledge of Community Kitchen facilitators and group members (where appropriate) in regards to; food safety, recipe ideas, group facilitation skills, nutrition education etc. Undertaking; <ul style="list-style-type: none"> • Training of Project Coordinator • Guest speakers for Group • Other 	Community members & or agencies	Increased Knowledge 50% report increased knowledge	Facilitator Training session agenda Facilitator Training session Evaluation CUaS Community Kitchen participant survey – Community Kitchen manual Facilitator Kitchen report – Community Kitchen manual	June 2011 June 2012	Project Coordinator, Cooking up a Storm Working Group Lead: Community Womens Health IHP agencies (EWHS/NDCHS/SHDH) & Local Government (BSC/GSC/SHRCC)
Organisational Development Revise Cooking up a Storm Project Plan	CUaS Working Group	Organisational development	Project plan & Gantt Chart	June 2011	SMPCP staff & Cooking up a Storm Working Group
			Evaluation report submitted to DoH September 2011 IHP Evaluation Plan feedback DoH	June 2012	Cooking up a Storm Working Group
Expression of Interest (Eoi) process to be developed inviting community groups, community members, agencies to submit to be involved in the project and a site for the community kitchen	Community members Agencies	Reach	Distribution lists		Project Coordinator & SMPCP Staff
Resources Appoint Project Coordinator to oversee project		Leadership	Project Contract	July 2010	SMPCP EO & SMPCP Board of Management

4. EVALUATION REPORT AND DISSEMINATION

SMPCP staff will compile the evaluation report to a draft for consideration of Cooking Up a Storm working group and SMPCP Promoting Healthy Lifestyle committee. SMPCP Board of Management will endorse the evaluation report prior to submission to Department of Health. Progress and findings from the evaluation of Cooking Up a Storm Community Kitchen project will be disseminated via SMPCP newsletter and website and partnering agency newsletters and websites. Opportunities to present outcomes of the project via Community Kitchen forums, Primary Care Partnership forums and Integrated Health Promotion networks, workshops and forums will be taken as arise.



Cooking Up a Storm Community Kitchen Project – Stage 2 Reporting Template



COMMUNITY KITCHEN:				
REPORTING PERIOD: July 2011 – June 2012			REPORT PREPARED BY:	
	IHP REPORTING MEASURE	TOOL	ANNUAL REPORT	REPORT
Process	Reach The intended target audience participates in the intervention	Participant Register (P. 65 CK Manual) Session Summary Sheet (P. 64 CK Manual)	Number of people registered with Community Kitchen	
			Average attendance	
			Postcode	
			Age range	
			Number of males	
			Number of females	
			Health conditions noted eg. Type 2 Diabetes	
			Reasons for joining CUaS Community Kitchen	
			How do people travel to CUaS Community Kitchen	
			Number of employed people	
			Number of unemployed people	
			Number of ATSI people	
			Number of CALD people	
			Promotional Activity Record	Number of promotion activities ○ activity undertaken to promote the community kitchen ○ media coverage ○ flyers/posters etc ○ distribution method ○ response to promotion activity
		Estimated reach		
Any further comments regarding process evaluation:				



Cooking Up a Storm Community Kitchen Project – Stage 2 Reporting Template



	IHP REPORTING MEASURE	TOOL	ANNUAL REPORT	REPORT
Impact	Consumer Participation & leadership Community members are actively involved in HP planning and development Increased Knowledge Increased health related knowledge and awareness	Community Kitchen Before & After Participant Survey (P. 68 & 69 CK Manual)	Initial survey	
			Will provide baseline information for CUaS CK	
			Subsequent surveys assessed for change in CUaS CK	
			Is there an increase in like for:	
			Cooking	
			Grocery Shopping	
			Budget for food	
			Is there an increase in:	
			Meals being prepared at home	
			Budgeting for food	
			Has knowledge of nutritious food been increased	
			Yes	
			No	
			Is there an increase in CUaS CK members knowing each other	
			Yes	
			No	
			Is there an increase in CUaS CK members meeting outside of CK	
			Yes	
			No	
			Is there an increase in CUaS CK members volunteering or involved in community activities	
Yes				
No				



Cooking Up a Storm Community Kitchen Project – Stage 2 Reporting Template



	IHP REPORTING MEASURE	TOOL	ANNUAL REPORT	REPORT
	Changed Attitudes Change in individuals' attitudes, motivations and behavioural intentions concerning healthy lifestyles	Session Summary Sheet (P. 64 CK Manual)	Positives comments from CUaS Community Kitchen	
			Negative comments from CUaS Community Kitchen	
			Challenges	
			Solutions	
			Any change to attitude that have occurred between reporting period	
	Community Strengthening Social Capital Increased participation in community life, including social and physical activities	Community Kitchen Participant interviews	Interview Process Guide	

Other comments:

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Cooking Up a Storm Community Kitchen Project – Stage 2 Reporting Template



	IHP REPORTING MEASURE	TOOL	ANNUAL REPORT
Impact	Consumer Participation & leadership Community members are actively involved in HP planning and development	Session Summary Sheet (P. 64 CK Manual) Diary notes	Capture information from CUaS Community Kitchen members regarding activities and initiatives that will help with sustainability of the CUaS Community Kitchen
			Enablers
			Barriers
			Successes
			Resources / tools
			Other information

Other Comments

Participant Registration Form

Participant Registration Form

Welcome to Community Kitchens!



The following information will be kept strictly confidential and will only be used by the facilitator in an emergency or Community Kitchens Project staff for reporting purposes.

Name of Community Kitchen: _____

Name: _____

Date of Birth: ____/____/____ Gender: M / F

Address: _____

Phone number/s: _____

Email address: _____

Contact in case of emergency

Name: _____ Daytime phone: _____

Case worker (if relevant)

Name: _____ Daytime phone: _____

Please list any foods that you are medically allergic or intolerant to:

Do you have any diet related medical conditions (eg. Type 2 diabetes, high cholesterol etc):

Why have you decided to join a Community Kitchens group? (You may tick more than one)

- | | |
|---|--|
| <input type="checkbox"/> To learn new recipe ideas | <input type="checkbox"/> To save money on food costs |
| <input type="checkbox"/> To develop my cooking skills | <input type="checkbox"/> To make new friends |
| <input type="checkbox"/> To learn about healthy eating | <input type="checkbox"/> To try something new |
| <input type="checkbox"/> To gain independence and become more self-sufficient | |

How will you get to the Kitchen? (Please tick the relevant boxes)

- | | |
|--|---|
| <input type="checkbox"/> Walk/ Bicycle | <input type="checkbox"/> Drive |
| <input type="checkbox"/> Get a lift with family/friend | <input type="checkbox"/> Public transport |
| <input type="checkbox"/> Transport from Case worker/community agency | |

How do you currently rate your ability to cook?

- ☐ No idea at all! ☐ Not good ☐ Average ☐ Good ☐ I'm an expert!

How do you currently rate your ability to budget for food?

- ☐ No idea at all! ☐ Not good ☐ Average ☐ Good ☐ I'm an expert!

Please list any personal strengths or particular skills you feel you can contribute to the group (eg. cooking skills, knowledge of an international cuisine, good sense of humour, etc.): _____

For the questions below, please tick 'Yes' or 'No':

(Please Tick)	Yes	No
Are you currently involved in paid employment?		
Are you Aboriginal or Torres Strait Islander?		
Do you speak any languages other than English at home?		
Do you require wheelchair access?		
Do you require assistance with reading and writing?		
Do you require assistance with Kitchen tasks such as using knives, measuring ingredients or using the oven?		
Would you be interested in taking on some kind of leadership role in the future? (ie. organising shopping, handling money, handling paperwork or helping to plan recipes)		
Have you completed training in food safety?		

☐ I give permission for the Community Kitchens Project staff and Kitchen Facilitator to use the information provided for reporting on the Project and acknowledge that they may contact myself, my nominated emergency contact and/or case-worker if the need should arise. (Please tick)

I have read and will follow the attached 'Guidelines for Participation in a Community Kitchen' and agree to follow the group values of my Community Kitchen:

Signed: _____ Date: ____/____/____

Session Summary Sheet



Kitchen name: _____ Date: _____

	Male	Female
• Number of participants attending	<input type="text"/>	<input type="text"/>
• Number of facilitators/volunteers/staff	<input type="text"/>	<input type="text"/>
• Number of people attending for the first time	<input type="text"/>	<input type="text"/>

If new participants come to your group, please call _____ on _____ to arrange to meet them and collect their details.

Recipes prepared	Cost per serve	No. serves produced
1.		
2.		
3.		
4.		

Quotes/suggestions from participants today, including what worked well and what could be done differently next time:

Participant's overall experience of the day (mark with an X):



Community Kitchen Before and After Participant Survey

JOINING A COMMUNITY KITCHEN



Please help us make this project a success. We need your ideas and thoughts about food and feeding your family.

1. Why are you joining this Community Kitchen?

.....

.....

2. What do you most want to learn from this group?
(You may tick more than one box.)

<input type="checkbox"/> New recipes	<input type="checkbox"/> Better cooking skills
<input type="checkbox"/> How to save money on food	<input type="checkbox"/> Other (please comment)
<input type="checkbox"/> More about health and nutrition
<input type="checkbox"/> Quick, easy & nutritious meals

3. How would you describe yourself as a cook? (Tick one box only.)

<input type="checkbox"/> Great	<input type="checkbox"/> Pretty good	<input type="checkbox"/> Average	<input type="checkbox"/> Poor
--------------------------------	--------------------------------------	----------------------------------	-------------------------------

4. How often do you follow a recipe? (Tick one box only.)

<input type="checkbox"/> Often	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Rarely	<input type="checkbox"/> Never
--------------------------------	---------------------------------------	---------------------------------	--------------------------------

5. What are some of your or your family's favourite foods?

.....

.....

6. What are some of your or your family's least favourite foods?

.....

.....

7. Do you or anyone else at home have any food allergies?

.....

.....

8. Where did you hear about Community Kitchens?

<input type="checkbox"/> Newspaper	<input type="checkbox"/> Friend/ Family member	<input type="checkbox"/> Community Organisation
<input type="checkbox"/> Flyer	<input type="checkbox"/> Community Health Service	<input type="checkbox"/> Other (please indicate)

.....



We are very interested in finding out what you think of the Community Kitchen Program. We would appreciate your time to complete this evaluation form so that we can make improvements.

Name:

Date:

1. How many sessions of the Community Kitchen have you been to? (Circle one)

0 1 2 3 4 5 6

2. How regularly do you (Tick the most appropriate box)

- a) Prepare meals at home?

☐ Less than weekly ☐ 2-3 times/week ☐ Most days ☐ Everyday

- b) Budget for food?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

3. How would you currently rate your.... (Please tick one box)

	Poor	Not good	Average	Good	Excellent
a) ability to budget for food?					
b) ability to cook?					
c) knowledge about healthy foods?					
d) ability to access healthy foods					
e) knowledge about food safety?					

4. How well do you know the other members of the Community Kitchen?

☐ Not all all ☐ A little ☐ Somewhat ☐ Moderately well ☐ Very well

5. Do you meet with any of the other participants outside of the Kitchen?

☐ Not all all ☐ Occasionally ☐ Regularly ☐ All the time

6. Are you involved with any volunteering or other community activities/programs/events?

☐ Not all all ☐ Occasionally ☐ Regularly ☐ All the time

Please list the activities/programs/events that you are currently involved with:

7. Have you run out of food, at any time in the last 6 months and had no money to buy more?

☐ Yes ☐ No

Thank you for your time!



We are very interested in finding out what you think of the Community Kitchen Program. We would appreciate your time to complete this evaluation form so that we can make improvements.

Name:

Date:

1. How many sessions of the Community Kitchen have you been to? (Circle one)

0 1 2 3 4 5 6

2. How regularly do you (Tick the most appropriate box)

- a) Prepare meals at home?

☐ Less than weekly ☐ 2-3 times/week ☐ Most days ☐ Everyday

- b) Budget for food?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

3. How would you currently rate your.... (Please tick one box)

	Poor	Not good	Average	Good	Excellent
a) ability to budget for food?					
b) ability to cook?					
c) knowledge about healthy foods?					
d) ability to access healthy foods					
e) knowledge about food safety?					

4. How well do you know the other members of the Community Kitchen?

☐ Not all all ☐ A little ☐ Somewhat ☐ Moderately well ☐ Very well

5. Do you meet with any of the other participants outside of the Kitchen?

☐ Not all all ☐ Occasionally ☐ Regularly ☐ All the time

6. Are you involved with any volunteering or other community activities/programs/events?

☐ Not all all ☐ Occasionally ☐ Regularly ☐ All the time

Please list the activities/programs/events that you are currently involved with:

7. Have you run out of food, at any time in the last 6 months and had no money to buy more?

☐ Yes ☐ No

8. How likely will you be continuing attending the Community Kitchen? (Tick one)

☐ Never again ☐ Likely ☐ Most likely ☐ Very likely

Thank you for your time!

CUaS Community Kitchen Participant Interview



Cooking Up a Storm Community Kitchen Participant Interview

Purpose

The aim of the Cooking Up a Storm Community Kitchen Participant Interview is to measure if Cooking Up a Storm Community Kitchen Project has had an impact on **Community Strengthening**; and in particular resulted in participants have **increased participation in community life, including social and physical activities**.

Method

- The CUaS Lead Agency will conduct an interview with three willing participants of 'their' Community Kitchen.
- Interviewees are to be from a range of backgrounds, sex and age and have been a consistent participant of a CUaS Community Kitchen.

Process

Preparation

- CUaS Lead Agency select participants and invite them to participate in the CUaS Participant Interview
- Provide reason for interview, inform them of length of time needed and how the information gathered will be used (Refer to Participant Interview Script).
- Agree to suitable day, time and venue for interview – you do not want to be disturbed during interview

Interview

- Greet and welcome interviewee
- Inform them of reason for interview, length of time and interview process
- Conduct interview as per Participant Interview Sheet
- Listen to the participants answers
- Allow for participant to think about the questions and their responses
- Take notes during the interview, especially the key points a person is making
- Ask if they would like to review the questions and answers or provide any other information
- Thank them for their time and participation

Participant Interview Script

Introduction:

Thank you for coming today and agreeing to participate in this interview.

The Cooking Up a Storm Community Kitchen Project has been a partnership project between a range of organisations in Buloke, Gannawarra and Swan Hill with the aim to establish a community kitchen in a small town in each of these local government areas.

The name of Community Kitchen Cooking Up a Storm Community Kitchen is one of three Cooking Up a Storm Community Kitchens; the others are in Sea Lake and Lake Charm and Nyah, Nyah West (delete your community).

Throughout the whole project evaluation has been going on so we can see what has worked well, what could have been done better and what are the benefits of having a community kitchen in small communities.

The reason for today's interview is to ask participants of Cooking Up a Storm Community Kitchens if they have gained other benefits from being a participant in a community kitchen.

The interview will take approximately 20 minutes and you are welcome to ask questions.

The information you provide will contribute to an evaluation report that will be available to you, your name and details will remain confidential.

COOKING UP A STORM COMMUNITY KITCHEN GROUP: _____

Consent to use information: I _____ consent to the information I provide contributing to the Cooking Up a Storm Community Kitchen Project Evaluation Report 2012.

Signed: _____

Question 1.

Name _____

Age	0 – 10	10 – 15	16 – 20	21 – 30	30 – 40	40 – 50
	50 – 60	60 – 70	70 – 80	80 and above		
Sex	Male	Female				

Community you live in:

Cultural Background:

Question 2.

About how long have you been participating in this CUaS Community Kitchen?

Question 3.

Do you feel that you now have more confidence when cooking than you did when you first started? _____

Can you tell me in what you are more confident at?

Question 4.

Do you feel you have more confidence to do other activities because of being part of CUaS Community Kitchen?

Can you tell me of any activities you would now do that you wouldn't have in the past?

Question 5.

Have you joined a new social group/s in the past twelve months?

What was the reason for joining in with this new group/s?

Did you take on any particular tasks with the new group/s?

Question 6.

Will you continue to participate in this Community Kitchen Group?

What would be helpful to keep a Community Kitchen running?

Question 7.

Do you have any other thoughts or ideas you would like to pass on?

Thank you for your time today

Participant Survey format and questions have been guided by Integrated Health Promotion Resource Kit



CUaS Working Group Communication Strategy

CUaS Community Kitchen branding:

All information released to the general public will include the CUaS Community Kitchen, Community Kitchen and SMPCP Logos.

Media Release:

A standard media release/s will be developed and used for all media (paper, radio etc.) when promoting the CUaS Community Kitchens. The media release can be modified if required to include information relevant to the area it is being promoted in.

Information sessions:

Community information sessions will be presented by the Project Coordinator and CUaS Working Group members whose agencies provide services to that region/community.

A standard presentation will be used for community presentations to ensure there is a clear and consistent message provided about the community kitchens.

Towns to target for information sessions & media releases:

- Swan Hill –
 - Nyah & District Action Group
 - Lake Boga Inc
 - Ultima Progress Association
 - Woorinen & District Progress Association
 - Beverford Progress Association
 - Piangil Progress Association
 - Manangatang (Annuello/Chinkapook)
 - Wood Wood
 - Chillingollah
- Gannawarra –
 - Leitchville
 - Quambatook
 - Murrabit/Myall
 - Lake Charm/Kangaroo Lake/Benjeroop/Mystic Park/Sandhill Lake District
 - Lalbert
 - Koondrook
 - Dingwall/Lake Meran/Normanville/Appin/Wandella
 - Macorna/Tragowel/Mincha
 - Koroop/Gannawarra/Mead district
- Buloke –
 - Sea Lake
 - Culgoa
 - Nullawil
 - Berriwilllock
 - Nandaly

Approval:

What needs approval?

- Media Release
- Community information sessions
- Radio
- Newsletters – School, Neighbourhood Houses, Resource Centres

If an opportunity arises at short notice (within the next 5 working days) to promote the CUaS Community Kitchen the Working Group member should seek approval from the Project Coordinator & SMPCP staff before progressing. An email will then be sent to all Working Group members to advise them of what has happened.

If the opportunity occurs after the next CUaS Working Group meeting date then approval to progress should be asked for at the next CUaS Working Group meeting.

The approval process is to occur so that all CUaS Working Group members are aware of how, when & where the CUaS Community Kitchen is being promoted.

General Communication:

CUaS Working Group members will be able to discuss any issues that may arise at CUaS Working Group meetings. If it needs to be discussed before the next meeting information can be circulated via email to CUaS Working Group members. For short notice issues requiring approval please see above.

CUaS Community Selection Process Proposed Timeline:

Community Eol due – 8 April 2011

Short listing of Community Eol – 15 April 2011

Inspection of Kitchen Facilities – 18-22 April 2011

Selection of final Communities for CUaS – 29 April 2011

Announcement of Communities for CUaS – 2 May 2011

Facilitator or Co-facilitator Training Sessions – 9-13 May 2011

Cooking Up a Storm Logo



Cooking Up a Storm Brochure

Eligibility

Funding has been secured to implement Cooking Up a Storm into three small rural communities, one in each of the shires of Buloke, Swan Hill and Gannawarra.

Kerang, Swan Hill and Cohuna townships are not eligible. All other communities/districts are able to apply.

Looking for further information?

- Attend an Information Session
- Pick up an Information Pack from your local Council, Neighbourhood House or Resource Centre.
- Visit: www.gannawarra.vic.gov.au/CommunityServices/CookingUpaStorm
- Contact the Cooking Up a Storm Project Coordinator:

Examples of Groups

There are lots of community kitchens already operating throughout Victoria.

Community kitchens are community focussed. They are open to anyone.

Examples of some of the groups who have taken up the opportunity to be involved in community kitchens are young parents, family groups, children, older people, new residents, farmers. In fact, anyone who's interested can start up or join a community kitchen.

Colleen Scriven
47 Victoria Street (PO Box 287)
Kerang VIC 3579

PHONE: 5450 9333
FAX: 5450 3023
EMAIL: colleen.scriven@gannawarra.vic.gov.au
www.gannawarra.vic.gov.au

Expressions of interest for the Cooking Up a Storm project close: 23 February 2019.

For general information on Community Kitchens in Victoria
visit: www.communitykitchens.org.au

Funded through the Victorian government's Sustaining Community Wellbeing grants program.

Community Kitchens: Food, Fun & Friendships

What's Cooking Up a Storm all about?

Cooking Up a Storm is the name given to a community kitchen program coming soon to the shires of Buloke, Swan Hill and Gannawarra.

The program is about promoting healthy eating and developing personal skills and social support networks in the local community.

Funding has been received to start one community kitchen in each shire for a twelve month period.

Support will be provided to help groups become independent and their community kitchen ongoing.

This program provides an exciting opportunity for a small group to gather and cook a meal and have fun at the same time.

There will be many opportunities to gain new skills, new friendships and be part of a Community Kitchen network.

Cooking Up a Storm Community Kitchen Project is for a community who want to cook nutritious meals that are tasty and good value, while having a good time.

Community kitchens are:

- Welcoming
- Regular
- Local
- Supportive
- Low cost

Along the way participants will:

- Learn about cooking, shopping and budgeting
- Learn new skills
- Share skills with others
- Develop new friendships
- Gain extra confidence
- Become more informed about the benefits of nutritious food and home cooking.

How it Works

Groups make their own decisions based on what suits participants

Planning:
Group members bring along recipes, decide what to make, alter recipes to be healthier and cost effective, how much their budget is & write a shopping list.

Shopping:
The group decides who will shop for each session & when the money is collected. The person shopping must stick to the list and save receipts, these are kept at the kitchen for future reference.

Cooking:
Read through recipes first and decide who will cook each recipe. At each session tasks are changed around so everyone has an opportunity to learn new skills.

Eating:
It is great to eat the meal together, chat about what was cooked learnt & what you can do next time, or the food may be portioned for participants to take home to their families.

The group is assisted by a facilitator who can be a member of the group, their main role is to make sure the group goes along smoothly.

Groups members can bring in produce from their own gardens, find support from other local groups, organisations or food retailers to help keep costs low.

Local professionals can be invited to the sessions to discuss topics such as nutrition, physical activity, food safety and storage, and budgeting.

You don't have to be a good cook to join in. Community kitchens are for everyone.

Easy, Relaxed, Interactive and Most of All – FUN
Cooking Up a Storm

Community Kitchens source their food locally to support local businesses

Cooking Up a Storm Folder



Expression of Interest Form



"Cooking Up a Storm" Community Kitchen Project Expression of Interest Form

Cooking Up a Storm is a community kitchen program coming to the shires of Buloke, Swan Hill and Gannawarra, which we would like you to take part in. Funding has been received to implement one community kitchen into each shire for a twelve month period.

Community Kitchens are:

- Groups of people who cook together with the support of a facilitator
 - An innovative approach to promoting healthy eating in an informal relaxed atmosphere
 - A way for people to enjoy social interaction within their community, have fun, develop friendships and improve their teamwork and leadership skills, whilst developing budgeting, cooking and shopping skills.
- The Community Kitchen model has been successful in improving the physical and mental wellbeing of participants through building a sense of community around food and by promoting healthy eating and social inclusion. Community Kitchens are created around community development principles designed to develop personal empowerment as well as improvements in teamwork, leadership and the development of budgeting, cooking and shopping skills. For further information about community kitchens please use the following link: <http://www.communitykitchens.org.au/>
- The vision of the Community Kitchens model is that each group will be self-sufficient with the support of a facilitator ensuring operation of the kitchen runs smoothly. Community Kitchens work best with small, targeted groups, so each Cooking Up a Storm Community Kitchen will only cater for a small group.
- A Project Coordinator has been employed initially to oversee project until groups are able to run independently with support from local health & community agencies. The Project Coordinator will work with the CUaS Working Group to progress the project and ensure its sustainability.
- Communities/districts eligible for a community kitchen:
In order to be eligible a community or district must be a small rural drought-affected community with a population of less than 1500 people. They must be located in Swan Hill, Buloke or Gannawarra Shires.

TOWNS THAT ARE NOT ELIGIBLE:

- Kerang
- Swan Hill
- Coluna

All other communities/districts are eligible to apply.

INSTRUCTIONS

- Attend an Information Session or collect a Cooking Up a Storm brochure
- Contact Colleen on 54509333 or colleen.scriven@gannawarra.vic.gov.au
- Fill in Expression of Interest application form
- Fill in Community Kitchen Assessment Tool
- Return BOTH forms to Colleen

APPLICATION FORM

Name of community/district: _____

Proposed location of Community Kitchen: _____

Provide a brief explanation of why your community wants to be involved in the CUaS Community Kitchen Project and what you know about Community Kitchens.

How will your community benefit from having a community kitchen?

How will your community support the sustainability of the community kitchen?

Are there any other community projects currently operating within your community, which could add value to this project? If so what are they?

How will your community encourage people to become participants of the community kitchen?

Who will be in charge of the kitchen and ensure its maintenance?

Are there restrictions to when the kitchen can be used?

Most venues have Public Liability Insurance, check with your proposed venue manager/owner

**** Please do not be deterred if you are unable to provide this detail, as we will try to work together to ensure you are still able to submit an expression of interest for this project.*

Is your GROUP or the proposed VENUE covered by Public Liability in the event of an accident? YES NO

If yes, please attach policy documentation.

(As part of the selection process the selection panel and the relevant local council's Environmental Health Officer will visit the proposed community kitchen sites to assess their suitability).

Name: _____

Signature: _____

Date: _____

Contact details: _____

Email address: _____

Expression of Interest forms are due 5pm Friday 8 April 2011 and are to be forwarded to:

Colleen Scriven
Cooking Up a Storm Project Coordinator
Gannawarra Shire Council
PO Box 287
KERANG VIC 3579
Phone: 5450 9333
Fax: 5450 3023
Email: colleen.scriven@gannawarra.vic.gov.au

**** STEPS BEFORE YOU SUBMIT THIS FORM. HAVE YOU:**

1. Attended an Information Session or picked up a Cooking Up a Storm brochure?
2. Contacted Colleen to discuss the project?
3. Filled in the Expression of Interest form? (this form)
4. Filled in the Kitchen Assessment form?
5. Return both forms to Colleen by 8 April 2011

Kitchen Assessment Tool Form



Community Kitchen Assessment Tool

Purpose

This tool is designed to assist in determining the suitability of a kitchen for use as a community kitchen.

Instructions for use

Go through the checklist, ticking the 'Yes' or 'No' columns for each question. Place additional detail in the 'Comments' column, for example "Is there a bin for the disposal of rubbish?" The answer may be No, but a comment may be 'rubbish will be removed from the premises at the end of each session'.

Note

A kitchen does not need to satisfy every requirement on the checklist to be a suitable venue. For example:

- If there is not an extractor fan above the oven, the kitchen may still be suitable if there is adequate natural ventilation.
- If a designated hand-washing basin is not available, the kitchen may still be suitable if there is a double sink and one of those sinks can be designated for hand-washing.
- If some equipment is not available, the kitchen may still be suitable provided the equipment is supplied before the kitchen commences.

Those questions that are marked with * are essential items. If the kitchen does not satisfy these requirements, it is not a suitable venue to be used as a community kitchen and other alternatives should be investigated.

Name of facility: _____

Name of person completing form: _____

Date: _____

Please ensure that all questions are answered and that all comments are clear.
Attach additional information if you feel this would be useful.

*Return completed assessment with your Expression of Interest
to participate in the Cooking Up a Storm community kitchen project.*

Community Kitchen Assessment Tool

General	NUMBER	COMMENTS
How many people cooking a meal could the kitchen comfortably accommodate?		

General Amenities	YES	NO	COMMENTS
Is there a ramp to enable access to people with disabilities?			
Layout	YES	NO	COMMENTS
Are there several work areas where food can be prepared within the kitchen?			
Is there room to separate preparation areas where raw foods are handled from areas where cooked foods are handled, stored and/or served?			
Is the floor clear of boxes, equipment or other obstructions?			
Cleaning	YES	NO	COMMENTS
Is the kitchen in a generally clean and tidy state?			
* Are benches made of laminex, or other waterproof material, in good condition and easily cleaned?			
* Are floors covered with vinyl, or other waterproof material that are able to be mopped clean?			
Are the walls and ceilings free of mould and mildew?			
Is cleaning equipment and products available?			
Is there a place to store cleaning chemicals and equipment away from food preparation areas?			
Are there any signs of insects or rodents (including droppings in cupboards, drawers or on the floor)?			
Facilities	YES	NO	COMMENTS
* Is there clean running water?			
* Is there hot and cold water?			
* Is the lighting bright enough?			
* Is there a sink for washing dishes?			
Is there a double sink?			
Is there a dishwasher?			
Is there a designated hand-washing basin?			

Continued to Page 2

Community Kitchen Assessment Tool

- Page 2 -

	Facilities (Continued)	YES	NO	COMMENTS
*	Is there an oven and cook-top for use?			
*	Are both the oven and cook-top in good working order?			
*	Is refrigeration available?			
	Is there cooking equipment (plates, pots, pans etc.) available for use?			
	Does the kitchen have windows or doors with screens that can be opened?			
	Does the kitchen have an extractor fan above or near the oven/cook-top?			
	Are there power points near work areas?			
	Is the power supply capable of running additional electrical appliances such as a microwave and mixers?			
	Is there a bin for the disposal of rubbish?			
	Is the bin big enough to contain all rubbish produced from one cooking session?			
*	Is there access to toilet facilities?			
	Is there access to a toilet suitable for people with disabilities?			
	Safety	YES	NO	COMMENTS
*	Are floors smooth and even in order to prevent tripping or falling?			
*	Are all power points, light fittings and switches in good working condition (i.e. no obvious defects)?			
*	Is there a working smoke detector?			
*	Is there a fire extinguisher for use?			
	Is there a fire blanket for use?			
	Is there a First Aid kit for use?			



Cooking Up a Storm Community Kitchen Project

INFORMATION SESSION AGENDA

1. Welcome and introduction – Agency staff member / SMPCP

- Welcome attendees
- Introduce Project Coordinator – Appendix A
- Request questions at the end of powerpoint
- Notes will be taken throughout evening
- Photos taken these maybe used in promotional and evaluation material – advise if you do not wish to have your photo taken

2. CUaS Powerpoint presentation – Coordinator

3. Case Study – Coordinator / Agency staff / SMPCP

- This is one example only
- Community Kitchens are moulded by the people involved – to suit them

4. Environmental Health Officer – Coordinator / Agency staff / SMPCP

- Introduce Health Officer
- Welcome to contact them and ask questions or advice in relation to
 - Food safety
 - Kitchen appropriateness

Clarify A Community Kitchen does not need to be registered with council as food is not being made for resale

The kitchen must be clean and in a sanitary state and food safety practices followed at all times

5. Support provided to successful Community Kitchen – Coordinator / SMPCP

- Cooking Up a Storm working group and other SMPCP agencies will work with successful EoI to establish their kitchen, this maybe in the format of some base ingredients and equipment, mentor support and training.
- The Community Kitchen facilitator is a voluntary position, funds are not provided to pay for facilitators.

6. If you are not successful - Coordinator / SMPCP

- Further discussions will be undertaken with all applicants and exploration undertaken in an endeavour to see the community kitchen established.
- Opportunity to network with other CK's
- Provided with any resources available

7. Questions and discussion - All

8. Recap and close – Coordinator

Complete evaluation

Appendix A

I would like to welcome everyone to the Cooking Up a Storm Community Kitchen information session. I am (Name)..... and I work for (Organisation)..... in (Role).....

(Organisation)..... is a member organisation of Southern Mallee Primary Care Partnership or as we refer to SMPCP. SMPCP is a partnership of organisations (health, welfare, disability, local government and community based across the government areas of Buloke, Gannawarra & Swan Hill, who work together to improve the health and wellbeing of our communities. As a partnership, SMPCP works in the areas of health promotion, service coordination, chronic disease management, capacity building and partnership development.

I am pleased to introduce Colleen Scriven who is the Cooking Up a Storm Community Kitchen Project Coordinator. Colleen has worked for over 20 years with Gannawarra Shire Council, for some time at the Kerang Library before having a change of direction taking on the role as Gannawarra Drought Officer when we needed one and approximately 18 months ago leading the Living Green Project across Gannawarra, Buloke and Swan Hill. Colleen's interest and passion for community development has pleasingly led her to the role of Cooking Up a Storm Community Kitchen Project Coordinator.

Colleen will now present Cooking Up a Storm Community Kitchen Project.

CUaS Community Information Session Powerpoint Presentation

Slide 1



Cooking Up a Storm:
Food, Fun & Friendships

8-Aug-13

Slide 2



Why are we here today?

- Talk about Cooking Up a Storm Community Kitchen Project.
- Community Kitchens
- Applying for a CUaS Community Kitchen.
- Community Kitchen selection process.



8-Aug-13

Slide 3




What is the Southern Mallee Primary Care Partnership?

- Member Organisations
- CUaS Project Coordinator



8-Aug-13

Slide 4




Cooking Up a Storm Community Kitchen Project

- Victorian Governments "Sustaining Community Wellbeing Grants" Program.
- The CUaS Community Kitchen Project is funded for 12 months from July 2010 to June 2011.


8-Aug-13

Slide 5



Cooking Up a Storm Where?

- Three Community Kitchens in the Shires of Buloke, Gannawarra and Swan Hill.
- CUaS Project Coordinator and Working Group will work with the successful groups to set up a CUaS Community Kitchen in each area.



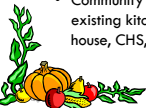
8-Aug-13

Slide 6

What is a Community Kitchen?

A positive environment to make healthier and happier living the easy option

- A Group of people who cook together
- Group members have ownership of how the community kitchen works.
- Community Kitchens run anywhere there is an existing kitchen. eg church, school, neighbourhood house, CHS, service club.




8-Aug-13

Slide 7

Who are they for?

- Anyone who wants to cook nutritious meals while having a good time.
- Types of kitchens are limited only by your imagination.

—They are for everyone!



Slide 8

Benefits

- ✓ Friendship, fun, supportive, sharing, relaxed, interactive.
- ✓ Access to healthy food and good nutrition.
- ✓ Builds social skills.
- ✓ Basic life skills: cooking, shopping, budgeting.
- ✓ Leadership and teamwork.
- ✓ Confidence and self esteem.
- ✓ Local people working together in a welcoming environment



Slide 9



How it all works..

- Plan
- Shop
- Cook
- Eat



Slide 10



Role of Facilitator/s

- Coordinates
- Welcomes
- Organises speakers for sessions
- Helps with budget
- Attends workshops
- Ensures group rules are followed.
- Knows emergency procedures.



8-Aug-13

Slide 11

Keep your kitchen going

- Build up a recipe collection.
- Bring along tried and true recipes to share.
- Create a list of foods that can be frozen
- Establish networks
- Ask others to join in



8-Aug-13

Slide 12



Who can apply?


- Communities interested in having a Community Kitchen can fill in an Expression of Interest Form.
 - Any small community within the shires of
 - Gannawarra
 - Buloke
 - Swan Hill

with population under 1500



8-Aug-13

Slide 13



How to apply?

- Collect a CUaS brochure
- Attend an Information Session in your area
- Complete:
 - Expression of Interest application
 - Community Kitchen Assessment Tool
- Contact Colleen for any further information required


8-Aug-13

Slide 14



Selection of communities

- Expressions of Interest will be short listed.
- Kitchen Facility inspected.
- Announcement of communities to receive Community Kitchen



8-Aug-13

Slide 15



Successful Applicants

- The Project Coordinator will contact the successful communities
- CUaS Community Kitchens will start with support from Project Coordinator and W Group



8-Aug-13

Slide 16

Questions



8-Aug-13

Slide 17



Contact Details

Cooking Up a Storm Project Coordinator –

COLLEEN SCRIVEN

Gannawarra Shire Council

PO Box 287

KERANG VIC 3579

Phone: 5450 9333 Fax: 5450 3023

Email: colleen.scriven@gannawarra.vic.gov.au

8-Aug-13

Community Kitchen Selection Process



Cooking Up a Storm Community Kitchen Project Community Kitchen Selection Process (For use by Cooking Up A Storm Selection Panel)

Purpose:

This document will be used to guide the Cooking Up A Storm Selection Panel with the selection process of the three CUaS Community Kitchens for the southern Mallee.

Background:

DHS opened applications for \$40 000 Sustaining Community Wellbeing Grants Program to be used to enable the strengthening, disseminating and embedding of good practice models that have emerged through responses to the health and social impacts of prolonged drought. Grants are to ensure the sustainability of successful programs/models in rural communities so that they become self-sustaining beyond the end of grant funding. Target areas of the grants are health promotion, service coordination and workforce development.

The Southern Mallee Primary Care Partnership (SMPCP) in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS) applied for and received funding to start a community kitchen program. The Community Kitchens Model was initially developed by Frankston Community Health Service based on the Canadian Community Kitchens concept. Community kitchens provide an opportunity for small rural communities to come together to socialise, cook and eat nutritious, delicious & affordable meals. The model also provides an opportunity for participants to develop teamwork, leadership, and budgeting, cooking and shopping skills while building their self-confidence.

Cooking Up a Storm Program Development

Under the direction of CUaS Working Group in conjunction with CUaS Project Coordinator tools and resources have been developed to offer and deliver Cooking Up a Storm Community Kitchens to three eligible communities, one per LGA.

Communities/districts eligible for a community kitchen:

In order to be eligible a community or district must be a small rural drought-affected community with a population of less than 1 500 people, target communities may include groups of young men, older men, young mums, playgroups, men's shed groups etc. They must be located in Swan Hill, Buloke or Gannawarra Shires.

Towns that are NOT eligible:

- Kerang
- Swan Hill
- Cohuna

East Wimmera Health Service is funded to deliver the "Cook In" Project within the Buloke Shire. Towns eligible for community kitchens under this project will be exempt from CUaS.

"Cook In" project towns

- St Arnaud
- Wycheproof
- Donald
- Charlton
- Birchip

Any enquiries received from these Buloke towns were referred to East Wimmera Health Service "Cook In" project.

Information and Promotion to eligible communities

A project brochure and information session power point presentation has been created to inform communities of the opportunity and the process required to complete and EOI.

The community kitchen opportunity has been promoted in local media (paper/radio/agency or group promotion) in the Swan Hill, Buloke and Gannawarra Shires.

Presentations have been held in target communities to inform them about the community kitchen opportunity, answer any questions they may have about it, advise the community how they can submit an Expression of Interest (EOI) and the selection process.

Presentations have been presented by the Project Coordinator and a Cooking Up a Storm (CUaS) Working Group member whose agency provides services to that region/community.

A standard presentation has been used for community presentations to ensure there is a clear and consistent message provided about the community kitchen and EOI process.

If an answer to a question has been required relatively quickly with no time to consult with the working group, the Project Coordinator and SMPCP Executive Officer have made the decision.

Any media releases or other promotion materials have been agreed upon by working group members before release.

Selection of communities:

Selection Panel;

SMPCP CUaS Selection Panel will consist of;

- 3 Senior representatives of member agencies (one per LGA with a range of sectors involved i.e. Health Service / Local Government)
- SMPCP staff member
- Project Coordinator

Process;

The SMPCP CUaS Selection Panel will use the following process and tools / assessments when making the decision of the successful three community kitchens;

- Review Expression of Interest (EOI) application
- Review CUaS Community Kitchen Assessment Tool
- Shortlist developed (if necessary)
- Further information sought from EOI participants (if necessary) – assistance from Project Coordinator
- Kitchens inspected by relevant Health Officer for compliance
- Final decision made.

All discussions of the CUaS Selection Panel and throughout the CUaS community selection process are to remain confidential and the decision of the CUaS Selection Panel is final and not subject to change.

Announcement of Communities:

Once the locations for the community kitchens have been selected the SMPCP Selection Panel will advise the successful communities.

CUaS Community Selection Process Proposed Timeline:

Community EOI due – 8 April 2011

Short listing of Community EOI – 15 April 2011

Inspection of Kitchen Facilities – 18-22 April 2011

Selection of final Communities for CUaS – 29 April 2011

Announcement of Communities for CUaS – 2 May 2011

Facilitator or Co-facilitator Training Sessions – 9-13 May 2011



SMPCP CUaS Community Kitchen Selection Process

This document is to be used to assist the CUaS Community Kitchen Selection panel in selecting suitable communities for the community kitchens. As part of this process the selection panel and the relevant local council Environmental Health Officer will visit the proposed community kitchen sites to assess their suitability.

Evaluation	Score
Exceeds all aspects of the selection/evaluation criterion	4
Exceeds some aspects of selection evaluation criterion (and meets all other aspects of the selection/evaluation criterion)	3
Meets the selection criterion	2
Fails some aspects of the selection criterion	1
Fails all aspects of the selection criterion	0
Community Kitchen _____	Review Member _____

Evaluation Criteria	Score	Comments
Provide a brief explanation of why your community wants to be involved in the CUaS Community Kitchen Project and what you know about Community Kitchens. Mandatory		
How will your community benefit from having a community kitchen? Highly Important		
How will your community support the sustainability of the community kitchen? Important		
Are there any other community projects currently operating within your community, which could add value to this project? If so what are they? Important		
How will your community encourage people to become participants of the community kitchen? Highly Important		
Who will be in charge of the kitchen and ensuring its maintenance? Mandatory		
Are there restrictions to when the kitchen can be used? Important		
Is your kitchen facility covered by Public Liability? Highly Important		

Overall comments on service provider one's submission

FINAL EVALUATION SHEET

Evaluation of Community Kitchen applications – Final scores and comments

Reviewer_____

Community Kitchen	Overall Score	Overall Comments
1		
2		
3		
4		

Recommendation and why:



Cooking Up a Storm Community Kitchen Workshop

27th March 2012

Evaluation and Outcome Report

Sallie Amy
Health Promotion Officer - Chronic Disease
Southern Mallee Primary Care Partnership
PO Box 1752, Swan Hill 3585
PH: (03) 5033 0908
FAX: (03) 5033 2199
MOB: 0488 394 171
Email: sallie.amy@smpcp.com.au

Background

Cooking Up a Storm Community Kitchen project has been progressed across the southern mallee catchment in partnership with member organisations. The initial stage was dedicated to understanding the Community Kitchen concept, supporting project documents developed, information dissemination and communities applying for involvement in the project.

Sea Lake, Lake Charm and Nyah/Nyah West were selected as the communities to be supported to establish a community kitchen. The support for each community kitchen has been by a local agency; Sea Lake Neighbourhood House - Mallee Track Health and Community Service, Sea Lake Campus; Northern District Community Health Service and Swan Hill District Health - Rural Outreach Program.

In the project development stage, it was agreed by the Cooking Up a Storm Working Group that information should be provided to each community kitchen to assist them with establishment, sustainability and understanding the Cooking Up a Storm project and the evaluation components. It was agreed a series of training/workshops would be held for the CUaS Community Kitchen Facilitators and other key members of the community kitchen. Preliminary work was undertaken to develop an agenda for the first Community Kitchen Facilitator Training workshop particularly referring to information available in the Community Kitchen Handbooks.

Once the CUaS Community Kitchens commenced it became evident participants of the kitchens were not willing to put their hand up as the designated Community Kitchen Facilitator. With this in mind it was agreed the workshop should be offered to all participants and information delivered at the workshop not as targeted to facilitation roles and responsibilities. The title of the workshop was changed from *Community Kitchen Facilitator Training* to *Community Kitchen Workshop*. Members of the CUaS community kitchens had indicated interest in attending a Community Kitchen Workshop.

The CUaS Working Group had originally planned to hold the workshop on the 16th of February 2012 but in hindsight was too early in the year as most of the community kitchens had only recently recommenced, after having a break over the Christmas and school holiday period. The 27th of March 2012, 9.30AM until 3PM was agreed as suitable by all members of the CUaS Working Group. Activity was undertaken to progress and promote the Community Kitchen Workshop. It was noted that as the Sea Lake Community Kitchen Group was for children, they would not be able to attend, although there was interest from The Sea Lake Mens Shed who were aiming to commence a kitchen and it would be valuable for them to hear how the other kitchens have progressed.

The Community Kitchen Workshop was open to all participants of CUaS Community Kitchens and Cook In Community Kitchens who are supported by East Wimmera Health Service. Throughout the life of CUaS Community Kitchen Project a link has been maintained to the Cook In project with the view some activity could be shared such as information, training and evaluation and as a participant of the CUaS Working Group.

Cooking Up a Storm Community Kitchen Workshop 27th March 2012

The CUaS Working Group agreed the workshop was to be interactive and provide plenty of opportunity for participants to share their knowledge and bring forward what had been occurring in their kitchen – the positives and the challenges.

The aim of the workshop was to:

- Provide information that will help your Cooking Up a Storm Community Kitchen and Cook In Community Kitchen
- Support your kitchen so it is enjoyable for all
- Be an opportunity to ask questions and share your solutions
- Meet others involved in Community Kitchens

The Community Kitchen Workshop was promoted to each community kitchen by the supporting agency and with the distribution of a flyer which included the workshop aims, program and contact person. *Appendix 1*

All CUaS Working Group members had an agenda item to facilitate and two guest speakers were engaged; Ingrid Watson, Environmental Health Officer Swan Hill Rural City Council who addressed the topic of *Food Safety* (Attachment 1), and Stephanie Acosta, Dietitian, Swan Hill District Health who presented on *Nutrition*

and Access to Food, (Attachment 2). Other presentations were on Participating in a Community Group (Attachment 3) and Kitchen Safety (Attachment 4)

A *Participant Feedback Form* (Appendix 2) was developed to capture if the participants level of knowledge increased from attending the workshop. The form asked for the participant to indicate their level of knowledge regarding the particular topic prior to attending the workshop and if their knowledge had been increased. The feedback form also asked; *How would you be able to include this information into your Cooking Up a Storm Session.*

Outcomes of the Community Kitchen Workshop

Five participants from two community kitchens, (Nyah/Nyah West and Lake Charm) attended the workshop. The number of participants was less than expected but it was agreed the workshop should progress. Participants from the other communities indicated the day clashed with other events or there wasn't any interest.

Two of the CUaS Working Group members withdrew from the workshop, one at late notice, leaving other members to cover or host their agenda item. Reasons for withdrawal were *due to another event scheduled and busy with project.*

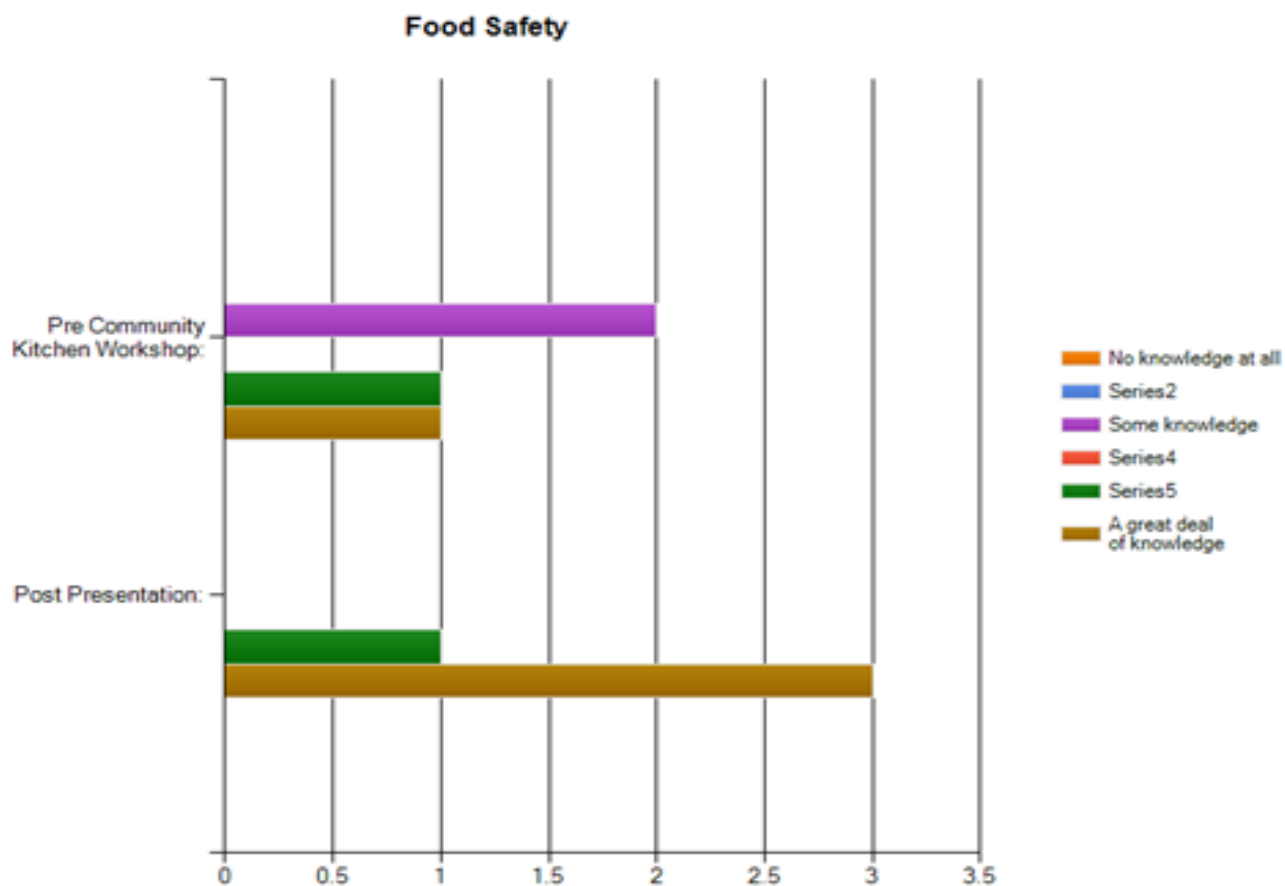
The workshop commenced at 9.30AM and was complete by 2.30PM with time allowed for morning tea, lunch and a five minute break before the last session. This length of time was suitable and would be recommended as appropriate if another workshop was held.

Throughout the workshop information was collected on a white board for further discussion and/or to be provided post workshop.

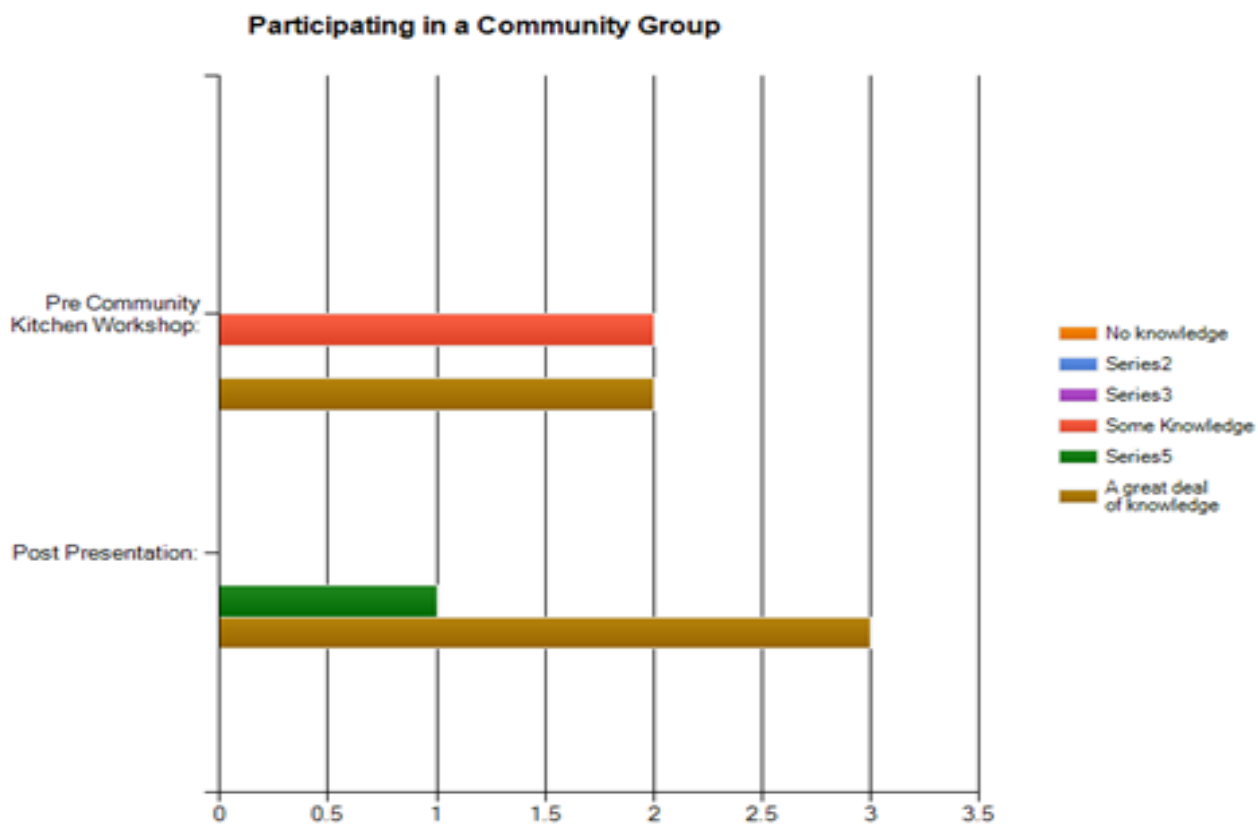
Participants readily shared their knowledge and experiences, asked questions, identified areas for improvement within their kitchen and came up with strategies that they felt would be helpful within their community kitchen environment.

Evaluation of the *Participant Feedback Form* indicates for all topics an increase in knowledge has been gained. Participants were asked to rate their knowledge of each topic before each presentation then again after they heard the presentation. A rating scale 0 = No knowledge at all, 2 = Some knowledge and 5 = A great deal of knowledge was used to measure change. Participants were also asked to *consider what you have learned and how you could take that back to your community kitchen* and write down how they would do this.

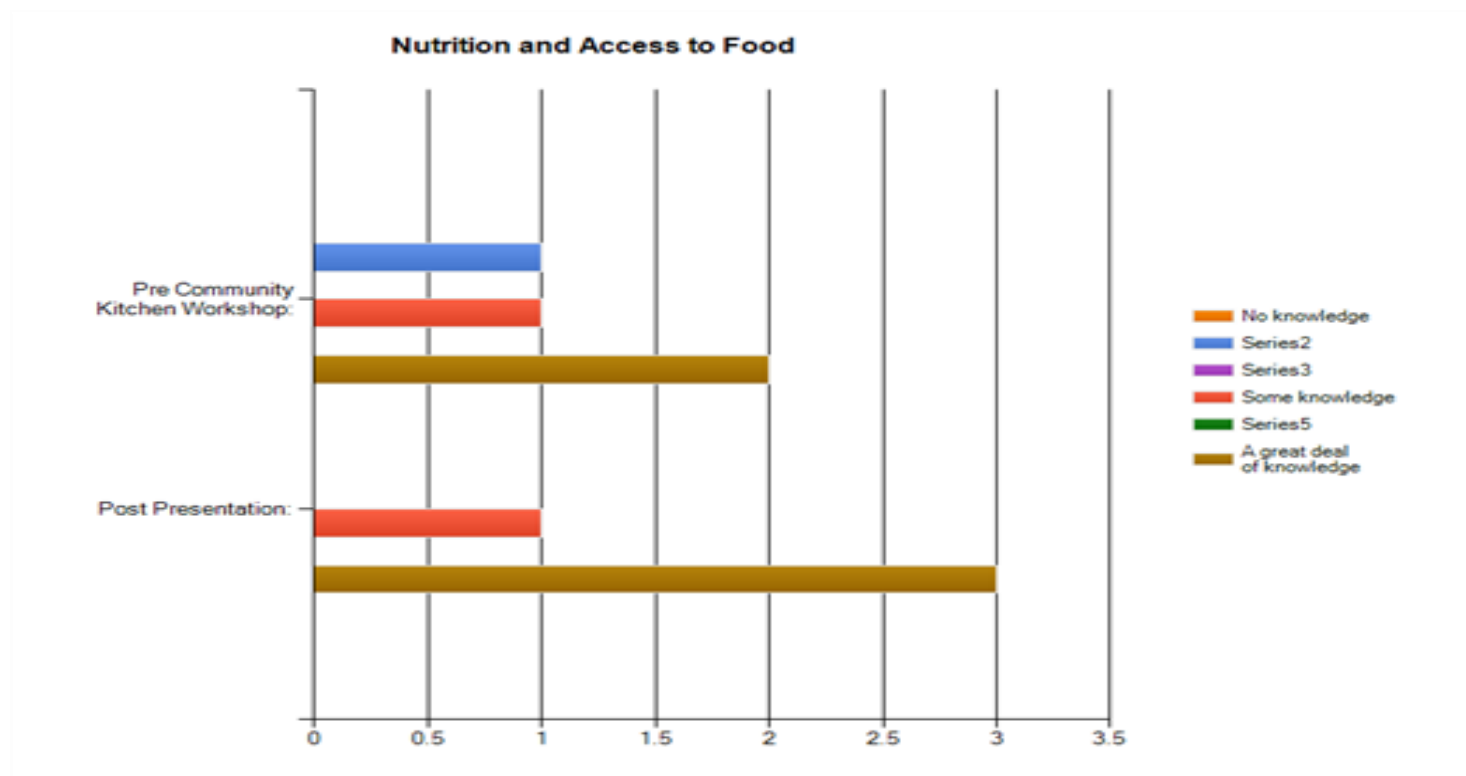
Presentation 1 Food Safety



Presentation 2: Participating in a Community Group



Presentation 3: Nutrition and Access to Food



Presentation 4: Kitchen Safety



In response to the question *How would you be able to include this information into your Cooking Up a Storm Session* there were a range of responses per topic.

A summary of the responses;

- Resources such as posters and print outs provided were seen as useful and can be either displayed or shared with other group members.

- The development of kits including information on the kitchen and rules or guidelines were highlighted as being useful
- Share with other members what they learnt from the Community Kitchen Workshop

All participants agreed the Community Kitchen Workshop was beneficial to them with one comment provided;

- Was good to hear other perspectives or views to what you have used

All participants would participate in another Community Kitchen Workshop and indicated they would like to discuss several topics including other community kitchens and how they run, a community garden in Nyah West and Farmers Markets.

- Other community kitchens and how they run their kitchens. Strategies in ways to improve the kitchen
- A community garden in Nyah West. Farmers market in Nyah West – maybe night markets in the summer months

All facilitators of the Community Kitchen Workshop observed the participants willing contributed information, were interested in the topics and objectively considered issues that were arising in their kitchen and how these could be addressed.

All participants indicated they would like to meet each other again and suggested a visit to each other's kitchens in the near future.

Cooking Up a Storm
Community Kitchen Workshop

27th March 2012



Participants and workshop facilitators

L to R: Alexia Stephens, Deborah Williams, Christine Hartin, Michelle Wright, Barb Wright, Sue Taylor Larni Byrnes



Stephanie Acosta, Dietitian, Swan Hill District Health
Presenting Nutrition and Access to Food

Outcomes of Presentation and Discussion

As each topic was presented and discussed information was collected on a white board for further review in the last session of the workshop and collation. Notes were also taken and have been collated to build and provide the following information.

FOOD SAFETY

Considerations for a community kitchen:

Collecting money	Pay first, wash hands then cook
Sanitizing	Hot soapy water, scrub, rinse and dry is appropriate. Commercial sanitizer must be food grade
Chopping boards	Wooden boards can be used – follow sanitizing process Issues with all chopping boards is when grooves become too deep to clean effectively
Tea Towels	One should be for hands only One should be for drying dishes only
Hand washing	Assess hand washing facilities in the community kitchen – is it in an appropriate place? - is hand towel available? - display hand washing poster in easy to see proximity

Posters [Food Safety Rules](#)
 [Keep Hands Clean and Food Safe](#)

Environmental Health Department of each council:

Environmental Health Officers are able to provide information on all matters relating to food handling, food safety, kitchen requirements and issues that may come up with in a community kitchen group.

Buloke Shire Council	1300 520 520
Gannawarra Shire Council	5450 9333
Swan Hill Rural City Council	50362333

Useful Websites for information on food safety and handling

Community Kitchen	www.Communitykitchens.org.au
Food Safety	http://www.health.vic.gov.au/foodsafety/
Food Safety Community Groups	http://www.health.vic.gov.au/foodsafety/home/community.htm
Food Smart	http://www.foodsmart.vic.gov.au/FoodSmartWeb/
Do Food Safely	http://dofoodsafely.health.vic.gov.au/

PARTICIPATING IN A COMMUNITY GROUP

Community kitchen roles

- Identify skills of people in the group – some people will be more comfortable to do a particular task, eg. A person may have good computer skills and happy to type out recipes. Be mindful of people's literacy and mathematical levels.
- Build capacity of others by supporting them to assist with a task – partner them with a person who has more confidence
- Confirm tasks - who is doing each particular task eg. shopping, leading the next session, bringing along particular items

Preventing conflict

- Establish the group rules and procedures of the community kitchen – these should be developed with input from participants and become standard practice of the kitchen. Consider including information on the purpose of the community kitchen, consumption of alcohol, speaking about personal issues and conflict
- Develop a Group Kit for the Community Kitchen that includes the key information that has been decided by the group. Have it available at each community kitchen's session and/or provide a copy to new participants. It will help with tricky situations and/or conditions

Engagement and inclusion of others

Who:

- Seasonal people
- New people to town
- People living on their own
- People with disabilities

How:

- Posters in key places
- Speak to people, just say hello
- Speak with lead person
- Go to where the people are – eg. visit places of accommodation Caravan park,
- Consider changing time of day you may be running your community kitchen to meet needs of other people
- Consider including people with challenges in other ways than having to come to the community kitchen eg. May provide recipes / research from home / invite to come just for meal / administration tasks eg. Type up recipes, kitchen information

Why include others:

- Bring new ways of cooking
- Learn from others
- Keeps the group interesting
- So the person will enjoy the community
- Maintain the numbers of the group – peoples circumstances change and they may no longer be able to participate

Communication:

- Use a key/central location eg. Lake Charm Shop
- Promote via community/school newsletter, text message, phone calls and one on one conversation
- Consider telephone tree – each person call another

Considerations

- Do not rely on email: not all have access or check email regularly
- Do not assume information has been read
- If session time or day is changed formally notify all participants

Useful Websites for information and resources for participating in a community group

Community Kitchens www.Communitykitchens.org.au

NUTRITION AND ACCESS TO FOOD

Budgeting

- Discuss and decide on recipes for next cooking session and consider what ingredients you already have
- Some people may have ingredients they would be able to provide from home such as eggs, vegetables, herbs
- Establish a book where all shopping lists and receipts are kept
- Use seasonal produce and establish relationship with local producers

Promoting healthier meals

- Using charts such as the Australian Guide to Healthy Eating.
- Learn about variety
- Print out of information for other community kitchen members eg. serves, allergies
- Be aware of different food group and facts

Useful Websites for information on nutrition and access to food

Dietary Guidelines for All Australian

<http://www.nhmrc.gov.au/guidelines/publications/n29-n30-n31-n32-n33-n34>

Dietary Guidelines for Australian Adults - Poster

<http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n29.pdf>

Food Talk

<http://www.foodtalk.com.au/>

Better Health Channel

<http://www.betterhealth.vic.gov.au/>

KITCHEN SAFETY

- Review kitchen safety practices annually
- Go over safety procedures as a reminder and to update skills

Useful Websites for information and resources for participating in a community group

Community Kitchens www.Communitykitchens.org.au

MARKETS

Gannawarra		
Murrabit Country Market www.murrabit.com	1 st Saturday of the month	Plants, tools, bric-a-brac, hardware, jewellery, giftware, timber products, fresh produce, clothing
Koondrook - Barham Farmers Market www.kbfarmersmarket.org	3 rd Sunday of the month	Local produce of meat, fruit, vegetables, organics, seedlings, stockfeed, compost, eggs, specialty breads, cut flowers, chocolate, sweets, preserves, condiments
Kerang Community Market	4 th Sunday of the month	Fruit and vegetables, homemade jams, preserves, cakes and slices, handcrafts, jewellery, pre loved items

Swan Hill		
Nyah Lions Club Market	2 nd Saturday of the month	Bric a Brac, plants, food, assorted goods
Swan Hill Community Market	2 nd Saturday of the month	Bric a Brac, plants, food, assorted goods
Swan Hill Anglican Church Car Boot Market	3 rd Saturday of the month	Car boot, trash and treasure, fruit and vegetables
Swan Hill Rotary Market	4 th Sunday of the month	Trash and treasure, plants, fruit and vegetables

KEY CONTACT FOR COOKING UP a STORM and COOK IN COMMUNITY KITCHENS

Swan Hill District Health Health Promotion	Larni Byrnes Regional Health Service Program Manager	(03) 5033 9337 lbyrnes@shdh.org.au
Northern District Community Health Service	Alexia Stephens Womens Health Nurse	(03) 5451 0200 stephensa@ndchs.org.au
Sea Lake Neighbourhood House	Kellie Matthews Sea Lake Neighbourhood House Coordinator	(03) 5070 1448 nhh@sldhs.com.au
East Wimmera Health Service Health Promotion	Emily Clark Cook In Community Kitchen Project Office	(03) 5477 2178 0457 539 851 emily.clark@ewhs.org.au

Food Safety Presentation (Attachment 1)



SHRCC Food
Safety.pdf

Participating in a Community Group – Group
facilitation (Attachment 3)



Participating in a
Community Group - G

Nutrition and Access to Food Presentation
(Attachment 2)



Nutrition and Food
Access.pdf

Kitchen Safety
(Attachment 4)



KitchenSafetyPoster.
pdf

Summary conclusion

Evaluation of the *Cooking Up a Storm Community Kitchen Workshop* indicates the workshop was well received by the participants and that they have increased their knowledge in regards to the topics that were presented.

The aims of the day;

- Provide information that will help your Cooking Up a Storm Community Kitchen and Cook In Community Kitchen
- Support your kitchen so it is enjoyable for all
- Be an opportunity to ask questions and share your solutions
- Meet others involved in Community Kitchens

were met with all participants saying the day was beneficial to them, they enjoyed meeting others and they were provided information that will be helpful in their community kitchen.

It was the correct decision to continue to host the work shop with the lower than expected numbers attending. The four topics for the day were enough and the length of time of the workshop was sufficient.

The format of the workshop worked very well with questions and information being shared easily. It is possible if there were more participants a broader range of points of views and strategies may have been collected that would have been beneficial to the participants and their community kitchens.

The participants of the community kitchen workshop would attend another workshop and be encouraging of others to attend. The agenda for another workshop should include presentations from the CUaS Community Kitchens and others to share the diversity and knowledge within each kitchen, tools and resources they have developed and strategies they have implemented to engage and accommodate other community members. Also there should be consideration to topics and presenters that would enhance a community kitchen such as sourcing local food or connections to markets or community gardens.

For another workshop to be inclusive of more community kitchens and participants the CUaS Working Group would have to ensure there is commitment from all members which includes a clear understanding of roles and responsibilities.

Recommendations

- SMPCP CUaS Working Group recommends to the SMPCP Promoting Healthy Lifestyle Committee they consider hosting a community kitchen workshop during 2012 – 2013 for the community
- CUaS Working Group recommend to Promoting Healthy Lifestyle Committee they look at options to build the capacity of agencies to understand the roles and responsibilities when working in partnership
- A link to remain between the CUaS Community Kitchen and supporting agency to assist with engagement of community kitchen members in future work relating to community kitchens, food access and other Integrated Health Promotion activity
- Compile a list of all community kitchen sites in the southern Mallee catchment including contact, format of kitchen and eligibility to share with all on the list
- CUaS Working Group members identify resources and tools that have been developed or accessed in their community kitchens and can be shared with other community kitchens



Community Kitchen Workshop

Date: 27th March 2012

Venue: Mallee Family Care – Boardroom
229 Beveridge St, Swan Hill

Time: 9.30AM until 3PM

Cost: Free — Morning & afternoon tea and lunch provided

**The Community Kitchen Workshop is open
to interested community members from**

Cooking Up a Storm

and

Cook In

Community Kitchens

The aim of the workshop is to:

- Provide information that will help your Cooking Up a Storm Community Kitchen and Cook In Community Kitchen
- Support your kitchen so it is enjoyable for all
- Be an opportunity to ask questions and share your solutions
- Meet others involved in Community Kitchens



Community Kitchen Workshop Program

TIME	TOPIC
9.30 am	Welcome and introductions
9.45 am	Food Safety
10.45 am	Morning Tea
11.00 am	Participating in a Community Group
12.00 pm	Lunch
12.30 pm	Nutrition and access to food
1.30 pm	Lets Chat
2 pm	Afternoon Tea
2.15pm	Kitchen Safety
2.30PM	More sharing and networking
3pm	CLOSE

For more information and to register attendance contact your supporting agency by 22nd March 2012

Swan Hill District Health Health Promotion	Larni Byrnes Regional Health Service Program Manager	(03) 5033 9337 lbyrnes@shdh.org.au
Northern District Community Health Service	Alexia Stephens Womens Health Nurse	(03) 5451 0200 stephensa@ndchs.org.au
Sea Lake Neighbourhood House	Kellie Matthews Sea Lake Neighbourhood House Coordinator	(03) 5070 1448 nhh@slahs.com.au
East Wimmera Health Service Health Promotion	Emily Clark Cook In Community Kitchen Project Office	(03) 5477 2178 0457 539 851 emily.clark@ewhs.org.au



Community Kitchen Workshop Feedback Form

How to use

- For each presentation please rate your knowledge BEFORE you took part in the Community Kitchen Workshop, and then again AFTER you hear the presentation.
- Consider what you have learned and how you could take that back to your community kitchen.

Rating scale:

0 = No knowledge at all 2 = Some knowledge 5 = A great deal of knowledge

1. FOOD SAFETY

Pre Community Kitchen Workshop:

0 1 2 3 5

Post Presentation:

0 1 2 3 5

How would you be able to include this information into your Cooking Up A Storm Session?

2. PARTICIPATING IN A COMMUNITY GROUP

Pre Community Kitchen Workshop:

0 1 2 3 5

Post Presentation:

0 1 2 3 5

How would you be able to include this information into your Cooking Up A Storm Session?

3. NUTRITION AND ACCESS TO FOOD

Pre Community Kitchen Workshop:

0 1 2 3 5

Post Presentation:

0 1 2 3 5

How would you be able to include this information into your Cooking Up A Storm Session?

4. KITCHEN SAFETY

Pre Community Kitchen Workshop:

0 1 2 3 5

Post Presentation:

0 1 2 3 5

How would you be able to include this information into your Cooking Up A Storm Session?

5. Was today's Community Kitchen Workshop beneficial to you?

Yes

No

If no why not?

6. Would you participate in another Community Kitchen Workshop?

Yes

No

If yes what topics would you like to hear about?

CUaS Case Study Reports 2011 – 2012
Lakes District

Integrated Health Promotion - Case study template

This template is designed for use by both Primary Care Partnerships (PCPs) and Community and Women's Health (C&WH) funded agencies.

If you have any questions regarding this template, please contact your regional Department of Health office.

Case Study Title	Cooking Up a Storm Community Kitchen <i>Lake Charm District</i>
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Details of organisation contact

Name of organisation	Northern District Community Health Service.
Contact Person	Alexia Stephens
Position/Title	Community Health Nurse
Phone No.	03 54510200
Email Address	alexia@ndchs.org.au
Case study author/s	
Approval date	

PCP program logic (PCPs only)	<ul style="list-style-type: none"> • Embed capacity building into integrated health promotion practice at all levels. • Embed evaluation practice with the planning and implementation of health promotion. • Implement improved integrated health promotion measures including annual provision of case studies for dissemination the PCP website.
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Identified partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
Swan Hill District Health	Working Group Member	Gayle Taylor Head of Dietetics & Health Promotion Health Promotion Larni Byrnes Regional Health Services Project Manager
Northern District Community Health Service	Working Group Member	Tricia Currie Programs and Services Manager Alexia Stephens Womens Health Nurse
East Wimmera Health Service	Working Group Member	Naomi Caulfield Acting Primary Care Coordinator Emily Clarke Community Kitchens Project Officer

Mallee Track Health and Community Service – Sea Lake Neighbourhood House	Working Group Member	Jag Dhaliwal Director of Community Services Kellie Matthews Sea Lake Neighbourhood House Coordinator
Session held monthly in local community hall.		

Summary/Abstract (200 words)

Cooking Up a Storm in the Lake Charm District is held every second Monday evening starting at 6.00pm. All members of the community are welcome to attend with a willingness to participate and a positive attitude being the only thing anyone needs to bring along. Each month a menu is selected from the dietitian approved cook books from the previous month. Shopping is allocated to one or two different members each session and money reimbursed each month. Money and registrations are kept in the CUaS shopping trolley and managed by several people in the group depending on who is available.

The meal is prepared from the beginning using the recipes selected. Care is taken to ensure all member's skills and interests are accommodated. All members have something to contribute in the preparation of the meal and the discussions that occur during this time. Once the meal is cooked then all members sit down at the dining room table and the meal is enjoyed together. Afterwards any leftovers are offered to the group to take home and a new menu is decided on for the next session.

Evaluation of this program has been achieved by pre and post sessions survey, discussions during the sessions and phone contact between the sessions. The results from this evaluation have shown that the most valued element of the session is the social connectedness whilst the cooking skill development was also highly valued. Budgeting and shopping skill development was not as highly valued by the participants but of interest.

The good health outcomes reported by the participants included:

- increased social contact with community members,
- increased knowledge of food preparation and storage,
- increased skills in cooking and serving of a meal and
- increased use of fresh fruit and vegetables.

The ability to experience social connectedness through purposeful activity such as a health promotion activity is highly valued by the participants.

Background

Name of project/strategy	Cooking Up a Storm - Community Kitchens
Priority issue(s)	Promoting Healthy Lifestyles- with a focus on preventing chronic diseases through physical activity and nutrition Mental Well-being and social connectedness – with a focus on mental health and family violence
Priority goal	To increase participation in physical activity and improve access to nutritious food To strengthen the mental well-being and social connectedness of people in the southern mallee
Target group	Small rural communities with a population of less than 1500 that have been affected by drought and rural change

Rationale

Cooking Up a Storm Community Kitchens project will establish one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared.

Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS). The many models of community kitchens have demonstrated they are a successful tool to enhance wellbeing, social inclusion and include health promotion activity for hard to reach population groups and vulnerable communities.

In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development of SMPCP 2009-2012 Strategic and Operational Plan. The Promoting Healthy Lifestyle priority was an outcome of the work.

The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan CUaS project has been placed as a stand alone objective of the Promoting Healthy Lifestyles IHP plan.

The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.

Gannawarra Shire Council Public Health and Wellbeing Plan includes;
Promoting social connectedness and mental health
Supporting healthy lifestyles at all ages and stages

Buloke Shire Council Public Health and Wellbeing Plan has identified CUaS as a strategy to address;
Priority 3 Chronic disease – type 2 Diabete Mellitus.

Swan Hill Rural City Council Public Health and Wellbeing Plan includes;
Priority 4: Food Security
Strategy: Continued support for Healthy Lifestyles Committee implementation of Healthy by Design and Cooking Up a Storm projects in partnership with Southern Mallee Primary Care Partnership

Priority 7: Mental Health and Wellbeing
Strategy: Support and be an active partner in the Southern Mallee PCP's Integrated Health Promotion Plan

Swan Hill District Health IHP plan priorities;
Healthy lifestyles focusing on nutrition and physical activity
Mental wellbeing and social connectedness

East Wimmera Health Service IHP plan priorities;
Promoting healthy lifestyles
Strengthen social connections and mental well-being

	Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i>
Objectives	<ul style="list-style-type: none"> • To establish 3 Community Kitchens • To promote nutritious food (fruit and vegetables) • Improve mental health literacy in the southern mallee

Methodology and approach

Cooking Up a Storm Stage Two

Cooking Up a Storm – Stage 2 has been the local level work supported by a lead agency for each site per LGA while maintaining the overarching integrity of the catchment wide activity inclusive of evaluation and reporting requirements supported by the CUaS Working Group.

A CUaS Project Brief was developed in consultation with the key agencies to guide the partnership throughout all levels. Funding was provided and accepted by each supporting agency to support them in their work with the communities and other project initiatives.

Cooking Up A Storm Working Group

The Cooking Up a Storm Working Group was reviewed at the start of CUaS Stage 2 with the significant change being the key stakeholders of CUaS Stage 2 as the members. The purpose of the CUaS Stage 2 Working Group was to:

- Ensure progression of the implementation and evaluation of the CUaS Community Kitchen Project that is a part of the SMPCP 2009-2012 Strategic & Operational Plans.
- Oversee CUaS Community Kitchen Project catchment wide activity and will work with and support lead agencies engaged in local level activity.

The CUaS Working Group met on a quarterly basis where the progress of each community kitchen was discussed, information shared and evaluation components developed and implemented.

The Lakes District Cooking Up a Storm Community Kitchen

Northern District Community Health Service is the lead agency in this community based project. Community champions were identified, local interest was determined and local engagement strategies were devised. The local community members identified the “invisible Rules ” of the community, which would enable communication to be effective. The importance of individuals making choices and therefore being enabled in their own health and wellbeing were paramount. The effectiveness of this communication strategy has been demonstrated as the initiators have moved on and now a diverse range of people is strongly engaged with the community activity. Interestingly the ongoing leadership in the program is coming from among men in the community. Keeping the approach, the recipes, and contents of the program simple and achievable has been a great strength. This can be challenging as the dynamics of the group are negotiated. The keep it simple theme is a strong enabling approach. The social inclusion capacity of the program has been pursued as the “nostalgic” meals/recipes are reproduced, creating a great environment for the participants to tell their own narrative and strengthening the bonding experience of the program. Strong, robust, give and take dynamics are developed through this approach. High levels of trust and emotional safety are developing. Sharing skills and knowledge is the predominant culture of the activity. Leadership often emerging as people build their confidence in supporting the cooking activities.

Participants have evolved the give and take of participation.

The Lake District Cooking Up a Storm Community Kitchen has been well received by the local community members with 12 people registered and usually 8 participating each session. Sessions are held the 2nd Monday of the month commencing at 6pm. The group consists of both men and women but predominately women.

Prior to each session, the participant selected a couple of recipes to be cooked the next session. This selection is made easily as the group uses a Dietitian approved cookbook and final decision is made through general consensus.

The participants usually self select if they would like to be in the “main meal making group” or the “dessert making group”.

An atmosphere of inclusion has been encouraged from the very beginning of the Cooking Up a Storm project. This has been implemented by welcoming people each session by their name as well as encouraging people within the group to ask along someone they may think might be interested in joining. Along with this, people are always allocated to either the main or the dessert group so they can contribute and feel part of the session quickly. Decisions are made for the group by the group and evaluated by the group as to their success or failure. This

encourages the group to listen and discuss topics that may influence decisions pertinent to the running of the sessions.

Each session, participants sit down at a set table together to enjoy the meal they have all prepared. This allows for more opportunity to connect with each other on a social level. However it also gives time within the session for discussion to be had around issues such as recipe selection, cooking techniques, budgeting, food time management, kitchen and food safety.

Describe resources such as planning and evaluation tools, or other resources used in the implementation of the project. Attach if possible or provide website links.

Planning for these sessions has been by using the Community Kitchen Workbook as a guide. The specifics to the group have been planned within group to allow for full participant consultation. Evaluation of the sessions has been via a Cooking Up a Storm survey developed by the Cooking Up A Storm Working Group. The lead agency facilitator talking directly to individuals within the session as well as general discussions during the session has gathered other information about evaluation.

Describe any monitoring or continuous quality improvement strategies employed.

Monitoring the project through out the year is implemented by asking the participants their opinions. This has included asking them about the stage of the project in relation to where they think it should be. As well participants are asked for possible solutions to any issues raised. Initially some of the participants brought wine to be enjoyed with the meal. As the program evolved more participants were bringing wine, to the point that there was alcohol consumed not just with the meal but throughout the session time. The issue was raised within the group that the use of alcohol would be better managed if alcohol was only had with the meal. The majority of participants were comfortable with this. For some of the participants they have reduced the amount of alcohol they drink in the evening in order to be part of the group. A positive health message set by the group monitored with quality outcomes of the group. This type of problem solving again allows for participants to interact as well as ensures that the final decision is applicable to this group as well as acceptable.

If relevant, describe how the project was integrated with other areas of organisational activity.

This project was able to be included through Northern District Community Health Service as an activity that addressed some issues around social isolation, mental health and eating. Therefore information was linked to our Dietitians as well as our Mental Health Carers Support Nurse programs and their client care. This program also contributed to the overall vision of the Northern District Community health Service for Health, Vibrant rural communities.

Describe any relevant communication and/or engagement strategies.

Communication and engagement had to be very local that is phone calls, emails and text messaging. As much as a flyer was placed in the local community newsletter each month and another flyer on the window of the local roadhouse it still remained that the personal local communication was the most effective.

Participants, through the local grapevine, have linked newcomers into the program. This strategy has enable participants to extend the inclusiveness of the group.

A working group provided links between agencies across the SMPCP Cooking Up a Storm Projects. Presentation to other health promoting agencies has been delivered regionally.

Results

Process and impact indicators/measures

Describe the project impacts and expected outcomes. Make specific reference to the relevant IHP reporting measures.

Reach:

People who attend the sessions are local to the area and the furthest reach is 15 kilometres from the Hall.

	<p>The age group ranges from 40-70years.</p> <p>Men of the district</p> <p>Consumer Participation: Participants are actively encouraged to make the decisions within the sessions. The decisions range from small issues e.g. what will be cooked the following session to larger decisions like how much will alcohol be considered part of the session.</p> <p>" Participants self select activity and group. This encourages participants to communicate with a different group each session as well as select how they would like to be involved. This type of team approach allows for different levels of cooking skills to intermingle and teaching and learning to develop.</p> <p>Participants were overwhelmingly positive about their involvement in the CUaS Project and both the sessions and the added community involvement they had experienced due to being involved.</p> <p>Increased Knowledge: Participants reported increased knowledge around the safe use of alcohol. Demonstrated with the management of "how much and when" issues.</p> <p>Participants described their increase in confidence to try new recipes/ vegetables and styles of cooking. This increased the amount of fresh fruit and vegetable they were consuming as well as increased the variety in their diet.</p> <p>Making healthy choices easy choices within the group setting</p> <p>Community Strengthening Participants report increased more opportunity to connect with each other on a social level</p> <p>Changed attitudes to alcohol and it's use in the meal and social setting of the group.</p> <p>Participants were able to raise and work through the issue of alcohol in the group setting with an agreed management plan.</p> <p>Social Capital Participants described an increase in their community life with one middle aged gentleman explaining he had joined the local darts club and another older woman explained she had joined the local Neighbourhood House and was now it's Treasurer.</p> <p>Extra effort is made when shopping to ensure that fresh fruit and vegetables are used in the recipes. None of the preparation is done before hand as the session encourages participant to create the meal from the store bought or garden grown products so the meal can be prepared the same way at home.</p> <p>The group has created a safe environment in which questions can be asked and ideas explored.</p> <p>Men have participated in the groups with leadership roles being taken on. This has evolved as confidence has been built up.</p>
<p>Status and sustainability</p>	<p>What is the current status of the initiative? How will the initiative be continued? Will the tools and techniques be applied in other areas? What activities do you have planned to disseminate your findings?</p>

The ongoing sustainability of the project has been discussed within the group from the very beginning. This has allowed the role and responsibility of the lead agency facilitator to be very transparent. In doing so has encouraged participants to think about how the sustainability of the group would be addressed. Issues such as a joint facilitator were discussed and the positive step towards shared responsibility within the group was considered. This enabled participants to come and go, as they liked so if they were on holidays or ill the group would be able to continue with the available members.

Clarification of the facilitator role and enabling sharing of tasks and responsibilities has been helpful in sustaining the voluntary effort.

Due to the limited funding, from the beginning the group paid \$5 per session to cover the running costs. This enabled the transition from funded to unfunded to be positive. Also allows for some of the expenses such as the groceries budget to be checked each week.

With the available funding the group has established an equipment library as well as a pantry therefore enabling the group to continue with minimal cost involved.

Tools and techniques are shared within the SMPCP Cooking Up a Storm working group to enable strong reflective practice and good ideas and learnings to be shared.

Dissemination of the programs findings has already occurred through the SMPCP Health Promotion form.

Presentations to both community groups such as Probus and agency networks such as GLAM (Gannawarra Local Agency Meetings) includes dissemination of findings.

Conclusions

- Local members continuing to participate in such an enthusiastic way.
- Development of local community events from the CUaS project base e.g. film night once a month in the Lake Charm Hall
- Increase cooking skills within the group
- Decrease alcohol consumption on the nights of the session
- Increase use of fresh fruit and vegetables within the recipes
- Local ownership of a SMPCP Health Promotion activity
- Increase social connections within the group

Key challenges.

- Establishing an acceptable level of alcohol consumption within a Health Promoting activity within a community setting.
- Establishment of definite group facilitators

Limitations of the project.

- The project addressed an improvement in mental health not an improvement in Mental Health Literacy.

How activities and improvements will be sustained.

- By encouraging the community members to take ownership of the project.

- By keeping the running costs to a minimum
- By advertising the group when numbers drop off
- By having the information gathered by members, at the CUaS Workshop, brought back to the group for inclusion.

Relevance of your findings to other areas of organisational activity.

- Strengthened community participation capacity within the Lakes District.
- Identified community champions for future needs identification and consumer feedback.

Future directions.

- Support the group's sustainability by exploring the scale of the project into the future.

Integrated Health Promotion - Case study template

This template is designed for use by both Primary Care Partnerships (PCPs) and Community and Women's Health (C&WH) funded agencies.

If you have any questions regarding this template, please contact your regional Department of Health office.

Case Study Title	Cooking Up a Storm Community Kitchen <i>Nyah West</i>
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Details of organisation contact

Name of organisation	Swan Hill District Health.
Contact Person	Larni Byrnes.
Position/Title	Rural Outreach Program Manager.
Phone No.	03 5033 9337.
Email Address	lbyrnes@shdh.org.au
Case study author/s	Include names and organisations of the author/s if different to above.
Approval date	The date the PCP Board or organisational executive approved and endorsed the case study.

PCP program logic (PCPs only)	<ul style="list-style-type: none"> • Embed capacity building into integrated health promotion practice at all levels. • Embed evaluation practice with the planning and implementation of health promotion. • Implement improved integrated health promotion measures including annual provision of case studies for dissemination the PCP website.
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Identified partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
Swan Hill District Health	Working Group Member	Gayle Taylor Head of Dietetics & Health Promotion Health Promotion Larni Byrnes Regional Health Services Project Manager
Northern District Community Health Service	Working Group Member	Tricia Currie Programs and Services Manager Alexia Stephens Womens Health Nurse
East Wimmera Health Service	Working Group Member	Naomi Caulfield

		Acting Primary Care Coordinator Emily Clarke Community Kitchens Project Officer
Mallee Track Health and Community Service – Sea Lake Neighbourhood House	Working Group Member	Jag Dhaliwal Director of Community Services Kellie Matthews Sea Lake Neighbourhood House Coordinator

Summary/Abstract (200 words)

Cooking Up a Storm (CUaS) has been running in the small community of Nyah West for almost 12 months. In this time it has turned from, one persons expression of interest to a fortnightly outing for 17 community members. It has proven to not only be a place for people to come along and prepare a meal, sharing their knowledge and learning from each other, but also a social, friendly environment where they can make new friends and share a meal.

Through different means of communication and engagement actions, including advertising, phone calls, community meetings and door knocking, the whole community had been reached, with 17 becoming involved.

Although there were some limitations and barriers throughout the process, the kitchen has now been handed from SHDH's control to the community and participants, with 3 of the participants stepping up to facilitate and guide the kitchen.

The CUaS group has started to decrease in numbers, but the remaining participants are grateful for the opportunity to have this program and are eager to keep it running with some fantastic ideas of how to engage more community members, showing that this is a sustainable kitchen.

Background

Name of project/strategy	Cooking Up a Storm - Community Kitchens
Priority issue(s)	Promoting Healthy Lifestyles- with a focus on preventing chronic diseases through physical activity and nutrition Mental Well-being and social connectedness – with a focus on mental health and family violence
Priority goal	To increase participation in physical activity and improve access to nutritious food To strengthen the mental well-being and social connectedness of people in the southern mallee
Target group	Small rural communities with a population of less than 1500 that have been affected by drought and rural change
Rationale	Cooking Up a Storm Community Kitchens project will establish one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared.

	<p>Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS). The many models of community kitchens have demonstrated they are a successful tool to enhance wellbeing, social inclusion and include health promotion activity for hard to reach population groups and vulnerable communities.</p> <p>In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development of SMPCP 2009-2012 Strategic and Operational Plan. The Promoting Healthy Lifestyle priority was an outcome of the work.</p> <p>The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan CUaS project has been placed as a stand alone objective of the Promoting Healthy Lifestyles IHP plan.</p> <p>The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.</p> <p>Gannawarra Shire Council Public Health and Wellbeing Plan includes; <i>Promoting social connectedness and mental health</i> <i>Supporting healthy lifestyles at all ages and stages</i></p> <p>Buloke Shire Council Public Health and Wellbeing Plan has identified CUaS as a strategy to address; <i>Priority 3 Chronic disease – type 2 Diabete Mellitus.</i></p> <p>Swan Hill Rural City Council Public Health and Wellbeing Plan includes; <i>Priority 4: Food Security</i> <i>Strategy: Continued support for Healthy Lifestyles Committee implementation of Healthy by Design and Cooking Up a Storm projects in partnership with Southern Mallee Primary Care Partnership</i></p> <p><i>Priority 7: Mental Health and Wellbeing</i> <i>Strategy: Support and be an active partner in the Southern Mallee PCP's Integrated Health Promotion Plan</i></p> <p>Swan Hill District Health IHP plan priorities; <i>Healthy lifestyles focusing on nutrition and physical activity</i> <i>Mental wellbeing and social connectedness</i></p> <p>East Wimmera Health Service IHP plan priorities; <i>Promoting healthy lifestyles</i> <i>Strengthen social connections and mental well-being</i></p> <p>Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i></p>
Objectives	<ul style="list-style-type: none"> • To establish 3 Community Kitchens • To promote nutritious food (fruit and vegetables) • Improve mental health literacy in the southern mallee

Methodology and approach

Cooking Up a Storm Stage Two

Cooking Up a Storm – Stage 2 has been the local level work supported by a lead agency for each site per LGA while maintaining the overarching integrity of the catchment wide activity inclusive of evaluation and reporting requirements supported by the CUaS Working Group.

A CUaS Project Brief was developed in consultation with the key agencies to guide the partnership throughout all levels. Funding was provided and accepted by each supporting agency to support them in their work with the communities and other project initiatives.

Cooking Up A Storm Working Group

The Cooking Up a Storm Working Group was reviewed at the start of CUaS Stage 2 with the significant change being the key stakeholders of CUaS Stage 2 as the members. The purpose of the CUaS Stage 2 Working Group was to:

- Ensure progression of the implementation and evaluation of the CUaS Community Kitchen Project that is a part of the SMPCP 2009-2012 Strategic & Operational Plans.
- Oversee CUaS Community Kitchen Project catchment wide activity and will work with and support lead agencies engaged in local level activity.

The CUaS Working Group met on a quarterly basis where the progress of each community kitchen was discussed, information shared and evaluation components developed and implemented.

The 3 main strategies and activities are outlined below.

1. Conducting an information session at Jacaranda Lodge on Tuesday 27th of September at 10.30am

Activities undertaken:

- Decided on venue and time
- Printed and distributed social marketing material
 - 1 article published in the Nyah District Primary School newsletter: (See Attachment 10)
- Sent invitations via phone calls to:
 - All members of Nyah District Action Group (5 people)
 - Guest speakers from Kerang Community Kitchen, Sea Lake and Lake Charm Community Kitchens
- Emailed:
 - Staff at Community Rehabilitation Centre to assist with raising awareness
 - Principal from Nyah District Primary School to attend
 - Health Promotion Officer for Chronic Diseases of Southern Mallee Primary Care Partnership
 - Project Officers at East Wimmera Cook In Community Kitchen
- Prepared agenda for the information session
- Prepared administrative and evaluation material:
 - Registration form
 - Pre- and post-participation form
 - Money collection sheet
- Organised catering through **Food Services Department at Swan Hill District Health**

This resulted in:

1. attendance by...

- 1 Community Planning Officer from **Swan Hill Rural City Council**
- 1 guest speaker from Kerang Community Kitchen
- 2 community members: President of **Nyah District Action Group** as a figure for community support, 1 community member as a participant for the community kitchen

2. at the end of the Information session:

- 1 participant registration form completed and confirmed attendance for the first session
- Increased interest and ideas for recipes after looking at Community Kitchen Recipe Books and printed recipes
- Decided on recipes for the first session, which were scones and fruit platter
- Plans made with Community Planning Officer from **Swan Hill Rural City Council** to increase numbers of participants for Week 1 through door knocking

2. Social marketing and printed advertising materials

Activities undertaken:

- Designed a flyer about Community Kitchen on 7th of September
- Formulated an article for Nyah West local newspaper and local primary school newsletter on 9th of September
- Designed a information brochure about Community Kitchen on 12th of September

This resulted in...

- 1 flyer (without date confirmed) submitted for publication in the 'Local Link' newspaper (See Attachment 7)
- 5 flyers distributed in community locations (See Attachment 8)
 - 1 copy at Nyah West local supermarket
 - 1 copy at Nyah West post office/ community board
 - 1 copy at Nyah West pharmacy
 - 1 copy at Jacaranda Lodge front door
 - 1 copy at Jacaranda Lodge Adult Day Services room
 - 1 copy at Nyah District Primary School staff room billboard
- 2 articles published in the Nyah West 'Local Link' newspaper September and October issues (See Attachment 9 and Attachment 10) with approximately 700 copies distributed across 100% coverage of mailboxes in Nyah West, Nyah, Vinifera, Koraleigh, Tooleybuc, Piangil and Wood Wood.
- 1 article advertising the Community Kitchen submitted to be printed as part of Nyah District Primary School newsletter. Estimated number of distribution is....
- 87 copies of information brochures distributed to:
 - 6 copies to Nyah West preschool teacher
 - 9 copies to 'Diggers and Dolls' playgroup, of which 3 were for redistribution
 - 3 copies to Nyah Post Office, of which 2 were on display
 - 7 copies to President of Nyah West Action Group, of which 6 copies were for redistribution
 - 3 copies to Nyah/Nyah West hairdressers
 - 6 copies to the men at the Nyah West Men's Shed
 - 5 copies to the volunteers at the Nyah West Opportunity Shop
 - 9 copies to the Nyah local supermarket
 - 15 copies to Nyah West playgroup teacher, of which 14 were for distribution to parents
 - 24 copies to Nyah West residents during door knocking

3. *Free come and try*

Activities undertaken:

- Phone calling
- Face-to-face interaction with mums from Nyah 'Diggers and Dolls' playgroup (a Nyah/Nyah West mothers group with children <2 years) at Swan Hill Dental a mothers group with children <2 years Clinic on 23rd of September
- Visited Nyah West and spoke directly with shopkeeper at local supermarket, local pharmacist, shopkeeper at post office, teacher at Nyah District Primary School, men and volunteers working at the Opportunity shop
- Door knocking on 4 October 2011 along 3 streets and one aged care facility in Nyah West with 21 people informed about the program and invited to come to the first session

This resulted in:

- One member (Total 5 people) from the Nyah District Action Group expressed genuine interest whereas others sounded apathetic
- Staff at Community Rehabilitation Centre, Swan Hill District Health referred 2 community members to attend program
- Seven people attended the first session on 4 October 11
- Five people showed interest in coming to the second session and planned dishes for the second session
- One retired French chef agreed to come to the Community Kitchen in two weeks and possibly bring a friend, who was an Asian Chef from Swan Hill

Throughout the time the CUaS project has been running in Nyah West, there has been continuous monitoring through surveys and observation as well as session summaries. This has not only allowed for results to be collated for the report, but has also allowed for recognition of personal development, the development of the kitchen and highlighted areas that require more work. This continuous monitoring and regular consultation has allowed for facilitators to see where

there has been a great result and also where there is a problem or a need. The observation and ongoing interaction allowed for problems such as money and domination personalities to be solved. By having a CUaS working group, it also allowed for the issues to be discussed with peers to ensure you are pursuing the correct path when trying to resolve the situation. Sharing information about other kitchens allowed for great learning and sharing of knowledge as well as discussion about successes and barriers or problems.

The past year has also seen the members of the kitchen resolving issues themselves, without the guidance of SHDH staff, implying that this will continue into the future.

Continuous quality improvement strategies that have been implemented are that for the following year, even though the project has been handed over to the community, SHDH staff will have regular meetings with the CUaS group to ensure it is running smoothly and any problems can be resolved. After this occurs for a year, it is intended that the participants will be able to do this themselves.

Participants have been developing their own ideas on how to engage more of the community and keep the program strong, which shows determination to continue with the program and the value the place on it.

Results

Process and impact indicators/measures	<p>CUaS in Nyah West was primarily implemented to target the SHDH priority areas of healthy lifestyles with a focus on nutrition. It is evident through both the surveys and observation that it has also had a positive impact on mental wellbeing and social connectedness. Majority of participants indicated that they now know other participants better, are involved in more community activities and they are more confident, both when cooking and socially thanks to CUaS.</p> <p>With a total of 17 registrations over the past 12 months, it is shown throughout the surveys and was also noted through observation that the knowledge around healthy eating and variety in peoples diets has improved. The participants were taking the recipes home and cooking the same meals for their families, finding that their partners were happy with the food being cooked and children were more inclined to eat vegetables as they were 'hidden'. The participants in CUaS have described how the program is very important to them and they would like to see it continue, very grateful for the experience and the investment into their community. They have found that it has allowed them to make new friends, be more social and gain confidence when cooking as well as teach others.</p>
Status and sustainability	<p>The initiative of CUaS in Nyah West has been up and running for 12 months now. Initially it was a weekly meeting, guided and facilitated by SHDH staff which seemed to work really well. There were no volunteers to facilitate the program, resulting in SHDH being involved for longer than expected which allowed the kitchen to become more sustaining and confident. Once handed over to the community, it was decided that once every 2 weeks was often enough as they all participated in other activities.</p> <p>3 CUaS members attended a community kitchen workshop which built up their skills and knowledge around food and kitchen safety, nutrition and hygiene. This gave the participants more confidence in facilitating the program and directing the Nyah West CUaS group.</p> <p>As time has progressed, the dynamics of and numbers in the group have changed. 2 of the ladies from the community of Nyah West, who seemed to be facilitating it after SHDH took a step back have left the program, both due to personal reasons, not because of the program in particular. This has shown a need to advertise the program once again to increase numbers. Participants have come up with some great ideas and initiatives to gauge more interest from the community, which they are eager to implement in the near future.</p>

Conclusions

Key success factors of the Nyah West CUaS project are; The program involved people from the community who would not normally spend time together. It allowed community members to learn how to cook, introduced new ingredients and created social inclusion. The fact that the kitchen has been successfully running for almost one year now has shown its sustainability, the members are very enthusiastic and would like to ensure it continues. They have many ideas of their own to advertise and recruit new members.

Key challenges within the project were;

Encouraging residents of Nyah West and surrounds to attend the CUaS proved to be a challenge. After a submission had been made by a resident for the program to be ran at Nyah West, there was not a lot of interest from the community.

Seeking out an appropriate venue, that was up to the required standard was difficult as many of the existing kitchens are quite old, had been infested by mice during the plague or required a weekly fee

Strong personalities within the group was causing participants feel they could not contribute to the cooking or ideas.

The financial transition between SHDH and the kitchen

Limitations of the project included, finding an appropriate venue, due to having to meet OH&S standards.

Lack of community interest has proven to be a limitation since day one. It is the same participants each week, which limits the social interaction.

Each of these challenges have been resolved and if anything, improved the way the kitchen is ran, communication and involvement.

Through the ongoing support of SHDH, and the desire of the current CUaS group to keep the kitchen running, the program will be sustained. The group is self supporting in the financial department, paying each week, which provides funds for the following week. There have also been donations from local primary producers of olive oil, eggs and carrots, and am sure this generosity of the community will continue.

As the current CUaS group in Nyah West see this program as being an important part of their lives and the community, they have the will to continue with it. Currently there is discussion around how they can improve the sessions and attendance with some really great ideas, incorporating more information and guest speakers, along with themed weeks and more sharing and encouragement.

Sea Lake

Integrated Health Promotion - Case study template

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Case Study Title	Cooking Up a Storm Community Kitchen Sea Lake
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Details of organisation contact

Name of organisation	Sea Lake Neighbourhood House
Contact Person	Kellie Matthews
Position/Title	Neighbourhood House Coordinator
Phone No.	0350701448
Email Address	nhh@sldhs.com.au
Case study author/s	
Approval date	August 2011

PCP program logic (PCPs only)	Embed capacity building into integrated health promotion practice at all levels. Embed evaluation practice with the planning and implementation of health promotion. Implement improved integrated health promotion measures including annual provision of case studies for dissemination the PCP website.
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Identified partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
Swan Hill District Health	Working Group Member	Gayle Taylor Head of Dietetics & Health Promotion Health Promotion Larni Byrnes Regional Health Services Project Manager
Northern District Community Health Service	Working Group Member	Tricia Currie Programs and Services Manager Alexia Stephens Women's Health Nurse
East Wimmera Health Service	Working Group Member	Naomi Caulfield Acting Primary Care Coordinator Emily Clarke Community Kitchens Project Officer
Mallee Track Health and Community Service – Sea Lake Neighbourhood House	Working Group Member	Jag Dhaliwal Director of Community Services Kellie Matthews Sea Lake Neighbourhood House Coordinator
<i>Add others particular to your community kitchen</i>		

Summary/Abstract (200 words)

<p>Include a succinct summary of the full case study including background, methodology, results and conclusions.</p> <p>Sea Lake's 'Cooking Up a Storm' project was based on the community kitchen model where a group of like minded individuals gathered once a week for a 5 week block each school term. Each kitchen has their own goal or objective and this was dependent upon the participants. In Sea Lake's situation, it was primarily youths who wanted to participate and their main goal was to learn how to cook yummy meals while having a good time in the company of others. Along the way they learnt other skills that will benefit them such as leadership skills, confidence, the ability to work well in a team, budgeting, shopping, negotiating skills and so forth. Each week the group would gather, decide upon an entree, main and dessert and then determine how much of each ingredient was required and then go shopping together at their local supermarket. Once the ingredients were purchased, they returned to their kitchen and under the guidance of their team leader for that week they would proceed to cook a 3 course meal. As a group they decided</p>
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from the start to sit down together and eat their meal rather than take it home. All the participants from the start of the project continued to come throughout the term of the project and they even gained a few extra later in the year. The project was advertised and promoted via a variety of media sources including face book, local newspapers, posters and brochures in the mail. Word of mouth was also very effective. Overall the 'Cooking Up a Storm' for youths has been a success – from the organiser, parents and participants perspective. Participants were keen to come each week and their enthusiasm was obvious. Every participant gained a lot of new knowledge and skills such as being able to read a recipe and follow it to create a meal for themselves and others.

Background

Name of project/strategy	Cooking Up a Storm - Community Kitchens
Priority issue(s)	<p>Promoting Healthy Lifestyles- with a focus on preventing chronic diseases through physical activity and nutrition</p> <p>Mental Well-being and social connectedness – with a focus on mental health and family violence</p>
Priority goal	<p>To increase participation in physical activity and improve access to nutritious food</p> <p>To strengthen the mental well-being and social connectedness of people in the southern mallee</p>
Target group	Small rural communities with a population of less than 1500 that have been affected by drought and rural change
Rationale	<p>Cooking Up a Storm Community Kitchens project will establish one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared. Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS). The many models of community kitchens have demonstrated they are a successful tool to enhance wellbeing, social inclusion and include health promotion activity for hard to reach population groups and vulnerable communities.</p> <p>In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development of SMPCP 2009-2012 Strategic and Operational Plan. The Promoting Healthy Lifestyle priority was an outcome of the work.</p> <p>The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan CUaS project has been placed as a stand alone objective of the Promoting Healthy Lifestyles IHP plan. The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.</p> <p>Gannawarra Shire Council Public Health and Wellbeing Plan includes; <i>Promoting social connectedness and mental health</i> <i>Supporting healthy lifestyles at all ages and stages</i></p> <p>Buloke Shire Council Public Health and Wellbeing Plan has identified CUaS as a strategy to address; <i>Priority 3 Chronic disease – type 2 Diabete Mellitus.</i></p> <p>Swan Hill Rural City Council Public Health and Wellbeing Plan includes;</p>

	<p><i>Priority 4: Food Security</i> <i>Strategy: Continued support for Healthy Lifestyles Committee implementation of Healthy by Design and Cooking Up a Storm projects in partnership with Southern Mallee Primary Care Partnership</i></p> <p><i>Priority 7: Mental Health and Wellbeing</i> <i>Strategy: Support and be an active partner in the Southern Mallee PCP's Integrated Health Promotion Plan</i></p> <p>Swan Hill District Health IHP plan priorities; <i>Healthy lifestyles focusing on nutrition and physical activity</i> <i>Mental wellbeing and social connectedness</i></p> <p>East Wimmera Health Service IHP plan priorities; <i>Promoting healthy lifestyles</i> <i>Strengthen social connections and mental well-being</i></p> <p>Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i></p>
Objectives	<p>To establish 3 Community Kitchens</p> <p>To promote nutritious food (fruit and vegetables)</p> <p>Improve mental health literacy in the southern mallee</p>

Methodology and approach

Cooking Up a Storm Stage Two

Cooking Up a Storm – Stage 2 has been the local level work supported by a lead agency for each site per LGA while maintaining the overarching integrity of the catchment wide activity inclusive of evaluation and reporting requirements supported by the CUaS Working Group.

A CUaS Project Brief was developed in consultation with the key agencies to guide the partnership throughout all levels. Funding was provided and accepted by each supporting agency to support them in their work with the communities and other project initiatives.

Cooking Up A Storm Working Group

The Cooking Up a Storm Working Group was reviewed at the start of CUaS Stage 2 with the significant change being the key stakeholders of CUaS Stage 2 as the members. The purpose of the CUaS Stage 2 Working Group was to: Ensure progression of the implementation and evaluation of the CUaS Community Kitchen Project that is a part of the SMPCP 2009-2012 Strategic & Operational Plans.

Oversee CUaS Community Kitchen Project catchment wide activity and will work with and support lead agencies engaged in local level activity.

The CUaS Working Group met on a quarterly basis where the progress of each community kitchen was discussed, information shared and evaluation components developed and implemented.

Sea Lake's Cooking Up a Storm

At the start of Sea Lake's Cooking Up a storm project, we undertook several meetings within the community to establish what the initiative involved, who was interested in participating and what day/time suited people. An information flier was also sent to every household in the area prior to the meetings to ensure people were aware of what was happening. This was followed up with articles and adverts in the local newspapers as well as posters down the street.

The feedback revealed that youths were interested in learning how to cook meals and were happy to come to the kitchen straight from school every Monday for a 5 week block each term. As we were leading up to harvest it was difficult to find a time for adults to meet so we focused on setting up a Cooking Up a Storm for youth's kitchen.

Up to 15 youths ranging in age from 7 to 14 turned up each Monday night for 5 weeks in an effort to learn how to cook meals while also getting to socialise with their friends. A couple of participants with more experience at cooking were also interested in learning new recipes to add to their recipe collection at home.

The junior chefs would come straight from school to the activity room at Neighbourhood House after school on a Monday. The group was consistently the same youths for the term of the project with a few additions once it was established. As a group they would sit down and discuss what they were going to cook that evening. Every meal had roughly the same format – an entree, a main and a dessert. Sometimes they would include a drink such as a milkshake. Often there would be a theme to the night such as an Asian night or near Christmas a Christmas feast and so forth. Other time they would experiment with things such as from popular TV shows such as Master chef.

Once the meals were decided, they would then determine how much of each ingredient was required to feed everyone and what ingredients they already had on hand. From this they would then work out a budget to see if they could afford the meal. Ingredients lists were given to people and then they would get on the bus and travel down to the local supermarket. Together they would collect all their ingredients and then pay for them at the counter.

They would then return to the kitchen where each week someone different would take a turn at being in charge and directing the group to what their role and responsibility was for the night. Once the leader had established this, everyone would set to work cooking their meal.

Whenever someone was unsure about what they were doing or if they needed assistance, they felt comfortable asking someone else in the group or the facilitator. They preferred to eat their meal as a group and continue to socialise and critique their cooking efforts and presentation. However they also loved to take a sample home to show off to their parents and siblings what they had achieved.

Once everything was cleaned up and returned to normal, the youths would get back on the bus and be dropped off at their homes.

The organiser of the project was present at every session to provide supervision and assistance where needed but also to collect information about the project and evaluate it. The youths were required to complete registration forms before commencing and complete surveys throughout the project identifying how their cooking abilities had altered such as – do they cook more at home, has their confidence in the kitchen improved, do they have a better understanding of budgeting and healthy foods and so forth. The participants would also offer comments and give feedback about the project.

The organiser wrote up articles each week and included photos of what the group achieved each week and what was involved. Comments and photos were also included on the local Neighbourhood house face book page for people to view.

Results

Process and impact indicators/measures	<p>The Cooking Up a Storm for youths in Sea Lake project impacted upon the participants in several ways. They participated in an activity normally unavailable in our small community while getting to socialise with people they may not normally would. For instance it was across age groups, genders, social barriers and the two different schools (catholic youths and government youths). The project also meant that the junior chefs developed skills such as teamwork, decision making, budgeting, confidence and shopping skills. It was great to see them turn up each week with new ideas, learn new skills and take on leadership roles within their teams. At the start of the project things such as grating a carrot or dicing an onion were real challenges to the participant however by the end they were all competent at doing these things.</p> <p>The participant surveys and interviews revealed that some of these youths had never cooked anything before and by the end of the 12 months, they now felt comfortable reading a recipe by themselves and creating a meal. They had learnt basic things such as the difference between dicing and slicing. The results from the surveys also revealed they were now cooking more at home and were aware of different things such as how much a meal can cost or how difficult it can be to source ingredients in our local community. Parental feedback also revealed their amazement at their children's confidence in the kitchen. One participant loved going to school the next day and showing off to his friends what he had cooked. It was also interesting to hear one girl discuss how it was nice to meet another girl (new to town) and find out that she is 'ok' and not as 'feral' as she thought.</p>
Status and sustainability	<p>The Cooking Up a Storm for youth's initiative held a graduation dinner at the end of June to celebrate their achievements and the end of the project. However the youths were keen to continue to come and learn how to cook. They want to make their own recipe book – a collection of all the recipes they have cooked and ones they would like to try in the future. Due to the level of interest shown by the participants and their level of commitment the project will continue. It will be run as one of the programs that the Neighbourhood house runs for the benefit of the local community.</p>

Conclusions

A major success factor of the project was the enthusiasm and commitment shown by the participants. Throughout the project each participant was present unless they had something else on – not because they couldn't be bothered. Plus they all turned up each week keen and excited to discover what they were going to cook that week. Each participant gained a lot of new knowledge and skills while some improved the skills they already had. The group not only gained a lot of knowledge but they also had a great time socialising while learning how to cook and present their meals. Each class had a welcoming and enjoyable atmosphere.

Some key challenges of the project included finding recipes that everyone liked. Some youths were more particular about what they ate than others. It was also important to take care with one participant who had an allergy to raw egg. Another major challenge was that a recipe would be selected, the ingredient amounts worked out and budgeted for however when we arrived at the local supermarket sometimes the ingredients were not present or were a lot more expensive than anticipated. Time was also sometimes a challenge as there were only two ovens and trying to get everything cooked and then cleaned up. The youths became adept at selecting different recipes for different implements. For instance their main meal could be cooked in the electric frypans while the dessert went in the oven. They also learnt to clean up as they cooked so that it wasn't such a big job at the end of the night.

Limitations of the project included the venue in some respects however we made do with what was available. It would be ideal to have a proper industrial kitchen with more than two ovens and a dishwasher. It was also too hard to manage however a vegetable garden would have been great for the project also. People could have picked fresh produce especially fresh herbs which are unavailable in Sea Lake.

The activities will be sustained by being a program ran through the local neighbourhood house. The neighbourhood house coordinator is present to assist the program be a success by providing assistance in the form of advertising and promotion, supervising, providing the location and so forth.

PCPs: Focus on conclusions that the partner agencies have drawn jointly from the project's impacts and outcomes, and experiences with the project's implementation.

References (optional)

Replace the text here with your response.

List any key references used in the case study, using the Harvard system of referencing. If you are planning to present your case study at a conference, this section can be structured to meet the conference requirements.

SMPCP Case Study Reports – CUaS Community Kitchen Project 2009 – 2010

PCP Integrated Health Promotion - Case study template

Details of PCP contact

Name of PCP	Southern Mallee Primary Care Partnership.
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Identified Partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
Replace the text here with your response.	Replace the text here with your response.	Replace the text here with your response.
Bendigo Health	Working Group Member	Lisa Sambrooks
East Wimmera Health Service	Working Group Member	Anne Boadle
Gannawarra Shire Council	Project Coordinator Working Group Member	Colleen Scriven Narelle O'Donoghue
Kerang District Health	Working Group Member	Marg Kendrick
Mallee Family Care	Working Group Member	Peta Lyn Nosatti
Northern District Community Health Service	Working Group Member	Alexia Stephens
Swan Hill Neighbourhood House	Working Group Member	Lea Johnson
Swan Hill District Health	Working Group Member	Tania Lawry
Swan Hill Rural City Council	Working Group Member	Fiona Gormann Melanie Bennett
Wycheproof Resource Centre	Working Group Member	Melanie Riley

Case Study Title	Cooking Up a Storm Community Kitchen Project
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Summary/Abstract (200 words)

Cooking Up a Storm (CUaS) Community Kitchen Project is a strong demonstration of collaboration and partnerships encompassing all priorities of Southern Mallee Primary Care Partnership (SMPCP) 2009-2012 Strategic and Operational Plan.

The success of a funding application has allowed for this strategic project to be implemented addressing IHP program logic of targeting vulnerable communities, health and wellbeing issues of significance to consumers and the broader catchment population and implemented on the social determinants of health. Project evaluation and consideration for evaluation dissemination has been included in the development of the project.

Cooking Up a Storm community kitchen project had many synergies with the mission of SMPCP Promoting Healthy Lifestyles (PHL) priority therefore was easily incorporated as an objective. Sound practices of governance have been adopted to ensure a clear direction and the level of responsibility for the working

group was understood.

From the initial stages of CUaS discussions have included sustainability and how this may be achieved. Capacity building, structure, partnerships and evaluation is viewed as providing the answers and direction to sustainable kitchens.

The lifetime of SMPCP 2009- 2012 Strategic and Operational Plan will support for the community kitchen once the funding period is complete not only from PHL but with parallels to the other priorities of *Mental Well-being and Social Connectedness* and *Management of Chronic Disease*.

As the project moves into the implementation stage it is expected a range of challenges and issues will come forward that will provide many opportunities to learn and ultimately share those learnings.

Background

Name of Project	Cooking Up a Storm Community Kitchens
Priority goal	Promoting Healthy Lifestyles – with a focus on preventing chronic diseases through physical activity and nutrition
Priority issue(s)	To increase participation in physical activity and improve access to nutritious food Increasing mental well-being and social connectedness
Target group	Small rural communities with a population of less the 1500 that have been affected by drought
DHS IHP expectations 2009-12	Cooking Up a Storm Community (CUaS) Kitchen project readily works as an integrated health promotion program that addresses the health and wellbeing issues of significance to consumers and the broader catchment population and implemented on the social determinants of health. The program plan clearly states it is for hard to reach population groups and vulnerable communities. Community kitchen provides a great platform to embed capacity building into integrated health promotion practice at all levels CUaS as an objective of the SMPCP Strategic and Operational Plan 2009-2012 - Promoting Healthy Lifestyles priority ensures evaluation with the planning and implementation of this strategy is undertaken.
Background	Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWS). The many models of community kitchens have demonstrated they are a successful tool to enhance wellbeing, social inclusion, and an improved experience of health promotion for hard to reach population groups and vulnerable communities. The Community Kitchen model has been successfully able to improve the physical and mental wellbeing of participants through building a sense of community around food and by promoting healthy eating and social inclusion. Community Kitchens are centred around community development principles designed to develop personal empowerment as well as improvements in teamwork, leadership and the development of budgeting, cooking and shopping skills. The Community Kitchens Model was initially developed in Australia by Frankston Community Health Service based on the Canadian

Community Kitchens concept and other international models. It offers an alternate approach to promote healthy eating and the development of personal skills and social support networks within local communities.

In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development SMPCP 2009-2012 Strategic and Operational Plan. The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan CUaS project has been placed as a standalone objective of the Promoting Healthy Lifestyles IHP plan.

Delivery of the program is under the guidance of an employed project coordinator who works alongside the CUaS Working Group. Gannawarra Shire Council stepped forward to be the employer and support the project. A report on the progress is tabled at the bi-monthly meetings PHL committee meetings with all final decisions made by SMPCP Board of Management (BoM) whose role it is to endorse all documents, administer finances and ensure the project is delivered and evaluated in line with the expectation of the funding body and supporting partners.

A great emphasis has been placed on the development of all strategic documents such as the CUaS Project Brief, Term of Reference (ToR) and Communication Strategy, to ensure there is a clear understanding of the project and expectations of member agencies.

Cooking Up a Storm Community Kitchens project will establish one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared.

Through the consultation stage in the development of SMPCP 2009 – 2012 Strategic & Operational Plan Promoting Healthy Lifestyles was identified as a key priority along with Mental Wellbeing and Social Connectedness and the Management of Chronic Diseases – Diabetes and Cardiovascular disease focus. Community Kitchens are widely recognised for providing avenues to address elements of all three SMPCP priorities including social inclusion, access to food and promotion of nutrition and options for physical activity. As Cooking Up a Storm project requires collaboration from organisations including health, councils and community in the three local government areas of the SMPCP catchment the priority of Partnership and Governance is also given a strong stepping stone to move forward.

The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.
Gannawarra Shire Council PH&WB plan includes;
Promoting social connectedness and mental health Supporting healthy lifestylesat all ages and stages

	<p>Buloke Shire Council PH&WB plan has identified CUaS as a strategy to address Priority 3 Chronic disease – type 2 Diabete Mellitus.</p> <p>SHDH IHP plan priorities; <i>Healthy lifestyles focusing on nutrition and physical activity</i> <i>Mental wellbeing and social connectedness</i></p> <p>EWHS IHP plan priorities; <i>Promoting healthy lifestyles</i> <i>Strengthen social connections and mental well-being</i></p> <p>Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i></p> <p>The objective of this project is to establish three community kitchens improving access to nutritious food for rural communities and to build the capacity of agencies and professional to support and promote healthy lifestyle initiatives.</p> <p>To protect and promote the health and wellbeing of rural communities experiencing prolonged drought and rural change</p> <p>To develop and disseminate a variety of sustainable good practice models in the areas of health promotion, service coordination and workforce development</p> <p>To support organisations and communities to embed successful, sustainable programs and practices</p>
Objectives	<ul style="list-style-type: none"> • To establish 3 Community Kitchens • To promote nutritious food (fruit and vegetable). • To promote active communities • To build capacity of agencies and professionals to support and promote healthy lifestyle initiatives.

Project participants

The initial stage of the project has been a collaboration of service providers including health, local government and community welfare organisations. By November 2010 work will commence to engage community members and/or organisations as the project moves to the stage of establishing each community kitchen.

Methodology and approach

Establish Cooking Up a Storm Working Group

The CUaS Working Group first convened in February 2010, a total of five meetings have been conducted moving between each LGA. The CUaS Working Group is a collaborative of key stakeholders (including the Project Coordinator) and community representatives from the SMPCP catchment.

The role of the CUaS Working Group is to:

- Oversee the coordination of the planning, management and evaluation of the CUaS Community Kitchen Project.
- Provide education and information to the Project Coordinator to help implement the CUaS Community Kitchens i.e. Information about community kitchens and how to implement them.
- Investigate and research community kitchen models based on small rural communities.
- Assist in gathering information to build an evidence base to inform the implementation of the project.
- Develop and distribute social marketing and promotional material to promote the community kitchens.
- Develop and decide on a process for community Expression of Interest (Eoi) for the Community Kitchens.
- Identify & invite communities to apply to have a community kitchen.
- Decide on the community that the community kitchen operates in.
- Support the Project Coordinator in the facilitation of the community kitchens.
- Provide project progress reports to the Promoting Healthy Lifestyle Committee and other relevant

Project Coordinator

The CUaS Working Group developed and approved the Project Coordinator position description and EOI for the position. This was distributed to member organisations, Gannawarra Shire Council made application and was successful. The project coordinator commenced in the role in July 2010.

The role of the coordinator is to:

- Coordinate the planning, management and evaluation of the CUaS Community Kitchen Project.
- Investigate and research community kitchen models based on small rural communities.
- Assist in the gathering of information to build an evidence base to inform the implementation of the project.
- Assist in the development and distribution of social marketing material to promote the community kitchens.
- Assist in the development of a process for community EOI for the Community Kitchens.
- Identify communities that could apply to have a community kitchen.
- Assist in the promotion of the community kitchens at a local level.
- Increase the knowledge of Community Kitchen participants (where appropriate) in regards to: food safety, recipe ideas, nutrition education etc.
- Produce ongoing progress reports to the CUaS Working Group.
- Take meeting minutes during CUaS Working Group meetings.

A project brief was provided to the working group to outline the CUaS project, relevance to the SMPCP strategic plan and the connection with the priority PHL. This brief also includes risk analysis, implementation plan and Gantt chart. (Document attached)

Existing Community Kitchen resources (eg. Australian Community Kitchens website) have been used to provide an understanding of the community kitchen models, documents already in existence and possible governance structures that could be adopted. Presentations by member organisations that are either currently or have in the past been involved in community kitchens shared their knowledge and experiences with the working group.

Considerable work has been undertaken on overarching documents to ensure clarity of procedures, roles and information to be distributed to communities is succinct. The project working group see this is the foundation for the community kitchens and must be strong. The development of these documents has included consideration for whom and what is there purpose to ensure the language and structure is appropriate.

Project Documents

Term of Reference

Communication Strategy this includes a series of media releases announcing the project and further stages of the project.

Community Kitchen Selection Process

Resources developed for project implementation

CUaS logo

CUaS brochure

CUaS Community Expression of Interest document

CUaS Information Session presentation

Facilitators of other Community Kitchen projects have been invited to speak at each CUaS working group meeting. The information provided has built the capacity of the working group to better understand barriers and enablers to kitchen projects. These presentations have enlightened the group on issues such as engagement of target groups, appropriate language to use and rules for participation.

Representatives from SMPCP member agencies attended the Community Kitchen Forum held in Melbourne in June 2010.

East Wimmera Health Service is rolling out the Cook In project which encompasses the southern area of SMPCP catchment. While the projects are being delivered separately opportunities to work together and learn from each other are being explored. A Facilitator Training kit will be jointly developed and

key messages of the benefits of participating in community kitchens will be delivered.

CUaS is an objective of the SMPCP 2009 – 2012 Strategic and Operational Plan therefore key deliverable measures are to be aimed for and reported on to Promoting Healthy Lifestyle committee and to the SMPCP BoM.

As funding was received for this project progress reports have been required.

The PHL Committee, which CUaS is a sub-committee, has been developed to ensure progression of the implementation of the SMPCP 2009 – 2012 Strategic Plan. This Committee will address all components of the SMPCP work including; partnership development, capacity building, integrated health promotion, service co-ordination and integrated chronic disease management.

SMPCP member agencies and invited agencies will have the opportunity at each meeting they attend to raise issues, share best practice, ideas and other information relevant to CUaS. Progress and issues of is presented at each of the PHL Committee meeting. This will be provided to the other Networks and Committees through the Committee / Network Reporting Template and matters that are only of relevance and there progress. All progress is reported to the SMPCP BoM who oversees all partnership activities. *SMPCP Committee & Network Structure Diagram attached – Appendix **

As the project is moving toward engaging with communities how this may occur has been included within meetings. While media and general promotion will take place across the catchment discussions have begun on how vulnerable groups will be informed and invited to complete an EoI. The experience of other community kitchens has been valuable in understanding the challenges that may be faced. We have learnt that successful engagement of disengaged is often by one on one contact in a space that is familiar to them.

Strategies on engagement will be developed and agreed on prior to the project being offered to community.

Results

Impacts and outcomes

Minutes of the meeting provides evidence that the capacity of organisations has developed in working in partnership demonstrated by the collective or organisations participating in the working group. Participants are from three local councils, five regional health services and three community organisations. Resources have been developed to direct and instruct the project at an organisational level through to community.

With the implementation of the community kitchens IHP impact measures aimed for will include

- Consumer participation and leadership
- Increased knowledge
- Improved skills
- Changed attitudes
- Enhanced social skills, self esteem and self efficacy
- Change in health related behaviours
- Community capacity

Once the successful community kitchens application have been decided process and impact evaluation will be conducted to using a variety of methods including:

Surveys: Pre-participation and post-participation surveys measuring behaviour change, as well as Participant satisfaction surveys.

Interviews: Participants who are willing to be interviewed to gain further insight into the results from the surveys and to reach participants who may not have filled in surveys or who had been missed.

Facilitator Observation: A project diary be kept as well as relevant data will be collected including participant

	<p>attendance and meals produced.</p> <p>Quantitative data collected will include the frequency of Kitchen sessions; the number of participants of each gender attending a Kitchen session; the number of meals prepared; the cost to participants of meals prepared; the frequency of training sessions, promotional activities, attendance at working group meetings and enquiries received by the project coordinator.</p>
Status and sustainability	<p>Cooking Up a Storm is near to completing the foundation stage of the project. All overarching documents will be completed and endorsed by the BoM prior to the project being offered and implemented within three communities, one per LGA.</p> <p>CUaS will be supported by the project coordinator until July 2011 along with the guidance and involvement of the working group. All SMPCP member agencies will be asked to provide support if and when required.</p> <p>The inclusion of CUaS as an objective of SMPCP PHL priority and under the auspice of the PHL committee will maintain assistance in delivering and sustaining the program. It is the responsibility of the PHL committee to have a role in the continued evaluation of the program inclusively up to June 2012.</p> <p>While funding is available to kick start the three community kitchens actions to ensure sustainability will be on the table at the very start. This project needs to be consumer driven so volunteers/participants will be empowered to have meaningful participation and be well trained and confident in running a Community Kitchen.</p> <p>The kitchens will receive assistance in initial costs as needed (eg. base goods and equipment) but participants will understand they will be required to contribute a small amount of money each time a cooking session is conducted. How the kitchen will be sustained will be vigorously discussed and clear policies and procedures developed to ensure this is achieved.</p> <p>While only three CUaS Community Kitchens will be established with assistance of this funding avenues will be explored to see the same or similar commence. All tools and resource will be offered to any interested party with the SMPCP catchment.</p> <p>Once the three kitchens are established a network will be created between them and inclusive of others within the catchment. How this will look will be developed in consultation of kitchen participants to be sure ownership is established and future direction is not dictated by CUaS working group.</p>

Conclusions

Steady progress has been made due to the successful collaboration of members of the CUaS working group. The representation of local government and health providers has allowed for accurate answers relating to statutory rules and regulations and community health issues. The working group has been in agreeance that the overarching program documents need to be precise before being endorsed by SMPCP BoM as they are the strong foundation of the program.

It took longer than expected to secure a project coordinator which has slowed the progress. Working group members are from the three neighbouring shires and the distance and time to travel to meetings has at times seen inconsistent attendance.

CUaS is for one community kitchen per LGA and it is thought that expressions of interest will be received from considerably more. Every endeavour will be made to assist unsuccessful applications commence in their own right but priority will need to be given to Cooking Up a Storm kitchens.

As a priority of SMPCP 2009 – 2012 Strategic and Operational plan CUaS will continue to be supported and develop into sustainable kitchens. Evaluation of the project is required and this evidence will direct the PHL Committee and CUaS working group in what is needed to improve and sustain the three kitchens.

Opportunities and findings relating to other PCP activities will be evident through evaluation. Actions to direct these findings and if need be further address issues realised will be directed to the appropriate committee within SMPCP catchment.

The project is certainly one of partnerships initially between member organisations but as it moves to the next stage partnerships with the wider community. As the documents supporting the guidance of the project has been of high priority assessing if these do support for sustainable kitchens will be interesting to see.

Cooking Up a Storm will commence the implementation stage by promoting the project to eligible communities. This will provide a great opportunity to explore and learn methods of engagement suitable to vulnerable groups and how we might do this better. All stages of the project are being recorded to gather data that can be collated to build our own capacity and to share with others locally, regionally and statewide.

References (optional)

Replace the text here with your response.

List any key references used in the case study, using the Harvard system of referencing. If you are planning to present your case study at a conference, this section can be structured to meet the conference requirements.

Integrated Health Promotion - Case study template

This template is designed for use by both Primary Care Partnerships (PCPs) and Community and Women's Health (C&WH) funded agencies.

If you have any questions regarding this template, please contact your regional Department of Health office.

Case Study Title	 Cooking Up a Storm Community Kitchen Project
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Details of organisation contact

Name of organisation	Southern Mallee Primary Care Partnership.
Contact Person	Bronwyn Hogan
Position/Title	Executive Officer
Phone No.	03 5033 0722
Email Address	bronwyn.hogan@smpcp.com.au
Case study author/s	Sallie Amy – Southern Mallee Primary Care Partnership
Approval date	11 th October 2011 – SMPCP Board of Management

PCP program logic (PCPs only)	<ul style="list-style-type: none"> • Embed capacity building into integrated health promotion practice at all levels. • Embed evaluation practice with the planning and implementation of health promotion. • Implement improved integrated health promotion measures including annual provision of case studies for dissemination the PCP website.
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Identified partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
East Wimmera Health Service	Working Group Member	Naomi Caulfield Acting Primary Care Coordinator Jude Deery Community Kitchens Project Officer Emily Clarke Community Kitchens Project Officer
Swan Hill District Health	Working Group Member	Tania Lawry Regional Health Services Project Manager Penny Dickson Dietitian
Gannawarra Shire Council	Project Coordinator Working Group Member	Colleen Scriven Cooking Up a Storm Project Coordinator

Northern District Community Health Service	Working Group Member	Alexia Stephens Womens Health Nurse
Swan Hill Rural City Council	Working Group Member	Fiona Gormann Community Development Officer
		Julie James Environmental Health Officer

Summary/Abstract (200 words)

Cooking Up a Storm Community Kitchen Project is an objective of SMPCP Promoting Healthy Lifestyle priority with the aim of establishing a Community Kitchen in three drought effected communities in the Southern Mallee catchment, (one per local government area). With the support of funding for the project from Sustainable Communities Wellbeing Program Grant, (for drought recovery programs) the project is now eighteen months on from the first Cooking Up a Storm Working Group meeting.

A Project Coordinator was employed for the twelve months commencing July 2010, completing the role in June 2011. During the twelve months period the Project Coordinator led the development of social marketing material, distributed and promoted the project via media and networks and engaged communities across the vast area of the catchment.

The Cooking Up a Storm Working Group provided feedback and direction to the Project Coordinator and was proactive throughout promotion. The Working Group built their understanding of community kitchens and the challenges that may be faced in establishing and sustaining a kitchen. The Working Group has plans in place for future activity that will provide support, build knowledge and networks for members of Cooking Up a Storm Community Kitchens.

Unexpected and significant flood events across the catchment impacted on the launch of Cooking Up a Storm Community Kitchen Project to community and then ultimately on community interest and capacity to be involved.

Three communities have been selected to establish kitchens via an expression of interest process that was assessed by a panel. The panel made recommendations in regards to ongoing support for the successful communities.

Consultation with stakeholders to develop an evaluation plan for the project was an extremely valuable opportunity for all involved and highlighted the need for clear and concise articulation of roles and responsibilities so partners are well informed and assumptions are not made.

With comprehensive project evaluation report completed and with a better understanding of the challenges ahead to realising sustainable community kitchens the project is embarking on Cooking Up a Storm Stage Two with integrated health promotion practice and strong evaluation processes in place.

Background

Name of project/strategy	Cooking Up a Storm - Community Kitchens
Priority issue(s)	Promoting Healthy Lifestyles- with a focus on preventing chronic diseases through physical activity and nutrition Mental Well-being and social connectedness – with a focus on mental health and family violence
Priority goal	To increase participation in physical activity and improve access to nutritious food To strengthen the mental well-being and social connectedness of people in the southern mallee

Target group	Small rural communities with a population of less than 1 500 that have been affected by drought and rural change
Rationale	<p>Cooking Up a Storm Community Kitchens project will establish one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared.</p> <p>Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS). The many models of community kitchens have demonstrated they are a successful tool to enhance wellbeing, social inclusion and include health promotion activity for hard to reach population groups and vulnerable communities.</p> <p>In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development of SMPCP 2009-2012 Strategic and Operational Plan. The Promoting Healthy Lifestyle priority was an outcome of the work.</p> <p>The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan CUaS project has been placed as a stand alone objective of the Promoting Healthy Lifestyles IHP plan.</p> <p>The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.</p> <p>Gannawarra Shire Council Public Health and Wellbeing Plan includes; <i>Promoting social connectedness and mental health</i> <i>Supporting healthy lifestyles at all ages and stages</i></p> <p>Buloke Shire Council Public Health and Wellbeing Plan has identified CUaS as a strategy to address; <i>Priority 3 Chronic disease – type 2 Diabete Mellitus.</i></p> <p>Swan Hill Rural City Council Public Health and Wellbeing Plan includes; <i>Priority 4: Food Security</i> <i>Strategy: Continued support for Healthy Lifestyles Committee implementation of Healthy by Design and Cooking Up a Storm projects in partnership with Southern Mallee Primary Care Partnership</i></p> <p><i>Priority 7: Mental Health and Wellbeing</i> <i>Strategy: Support and be an active partner in the Southern Mallee PCP's Integrated Health Promotion Plan</i></p> <p>Swan Hill District Health IHP plan priorities;</p>

	<p><i>Healthy lifestyles focusing on nutrition and physical activity</i> <i>Mental wellbeing and social connectedness</i></p> <p>East Wimmera Health Service IHP plan priorities; <i>Promoting healthy lifestyles</i> <i>Strengthen social connections and mental well-being</i></p> <p>Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i></p>
Objectives	<ul style="list-style-type: none"> • To establish 3 Community Kitchens • To promote nutritious food (fruit and vegetables) • Improve mental health literacy in the southern mallee

Methodology and approach

Project Coordinator

The Cooking Up a Storm Working Group which was established in February 2010 was the driver of the project but was supported by the Cooking Up a Storm – Community Kitchen Project Coordinator. The Project Coordinator was employed by SMPCP Member Agency, Gannawarra Shire Council, for twelve months commencing in July 2011. The role of the Project Coordinator was to support the SMPCP Promoting Healthy Lifestyles Committee and the CUaS Working Group in planning, implementing and evaluation of the CUaS Community Kitchen Project.

Cooking Up A Storm Working Group

The Cooking Up a Storm Working Group met ten times from July 2010 to June 2011 with meetings being rotated across the three local government areas of Buloke, Gannawarra and Swan Hill. The CUaS Working Group progressed the project with direction from the initial Project Plan and by providing comment on draft documents until satisfied they were complete and ready for endorsement, identified and supported promotion of CUaS Community Kitchen Project to communities, provided comment on CUaS evaluation plan and draft project report.

Social Marketing and Promotion

The CUaS Working Group has consistently considered how the community kitchens can be best supported once they commence so they have a better opportunity for reaching sustainability. The capacity of the CUaS Working Group was built to recognise the challenges community kitchens would face; these challenges were discussed and planning undertaken to ensure strategies are in place and ready to be rolled out for when the CUaS Community Kitchens were ready. These strategies include a series of Community Kitchen Workshops and a Community Kitchen Facilitator Kit being developed. In November 2010 work commenced to engage community members and/or organisations as the project moved toward being promoted via the range of means identified in the Communication Strategy to all community within the target. Social Marketing material that had been developed was distributed extensively and media promotion commenced. Community information sessions were scheduled to commence in January and early February 2011 with the expression of interest from communities due by 25th February 2011. This activity had to be recalled and further promotion postponed in mid January due to significant floods occurring, this activity had to be rescheduled and repeated commencing again in late February 2011.

Community Kitchen Selection Process

The Selection Panel was established with a representative from three SMPCP member agencies who were aware of the project but had not been directly involved and the SMPCP Executive Officer.

The Selection Panel was provided with the Community Kitchen Selection Process document developed by the CUaS Working Group; its purpose was to guide the CUaS Selection Panel with the selection process for the three CUaS Community Kitchens. Information provided included background of the project, project development, communities who were eligible to apply and how the project had been promoted. The process the CUaS Selection Panel was to use and an assessment tool was supplied. The CUaS Project Coordinator also provided her observations of applicants; such as the assistance that was required in completing the Eol forms.

The Selection Panel completed their task in May 2011 and provided recommendations on what support

they considered the three successful communities would need to establish a community kitchen. How to provide the support as recommended and maintain progress of the objective including evaluation underpinned the need for the CUaS Working Group to undertake planning with the knowledge that had been gained to date.

IHP Evaluation Plan Development

In line with the directive from Department of Health in regards to Integrated Health Promotion evaluation requirements for both PCP's and the Community Womens Health Health Promotion funded agencies, the CUaS Working Group and Promoting Healthy Lifestyle Committee agreed to evaluate the objective:

To establish 3 Community Kitchens (Cooking up a Storm Project).

It was agreed evaluation of Cooking Up a Storm Project would measure:

- If the process undertaken in engaging stakeholders has realised productive partnerships
- Has the preparation and implementation process of the project resulted in community kitchens
- If the community kitchens are being sustained independently
- There is increased access to nutritious food
- The kitchens are inclusive of all in the community.

An evaluation plan was developed and endorsed by SMPCP Board of Management prior to submission to the Department of Health.

Cooking Up a Storm Stage Two

In the development of the IHP Evaluation Plan for the objective: **To establish 3 Community Kitchens (Cooking up a Storm Project)** discussion with partnership agencies highlighted some of the positives and negatives of the broad work that had occurred and the need for further considerations in these areas as the project was moving toward direct work with communities. Also through the CUaS Expression of Interest and Selection Process it was recognised the diversity in thinking and readiness within the communities would require considerable support. With this in mind planning and the development of direction documents has commenced for Cooking Up a Storm – Stage 2 which will allow for local level work with direct support from a lead agency for each site per LGA while maintaining the overarching integrity of the catchment wide activity inclusive of evaluation and reporting requirements.

Cooking Up a Storm Working Group **meeting minutes** have continued to be taken and referenced to ensure activity continues to progress in a planned and accountable way.

Working Group **attendance record** taken from the meeting minutes measured if Lead Agencies participated in 70% of CUaS Working Group meetings and who were the other significant contributors.

Project timeline included

- Key tasks
- Who was responsible
- When to occur

This was referred to, reviewed and updated as necessary to ensure tasks were achieved and completed in an appropriate and suitable time.

Communication Strategy:

The Communication Strategy was a living document and ultimately evolved to be a tool for evaluating the effectiveness of social marketing activity and reach. It included:

- A comprehensive list of key community organisations, people and contact details
- Distribution locations across the catchment including general stores, post offices, information centres
- Media outlets, (print and radio), across the catchment, print days and distribution
- Other promotional opportunities such as websites, newsletters
- Distribution record of promotion, media releases, community information sessions
- Contact record – enquiries received

Social Marketing Material

The CUaS Working Group identified a series of documents required for the promotion of the project and for information to be supplied to the community explaining the concept of Community Kitchens, Cooking Up a Storm Project and application process.

- Cooking Up a Storm Logo
- Cooking Up a Storm Brochure

<http://www.smpcp.com.au/CommitteeNetworks/PromotingHealthyLifestylesCommittee/Cookin>

[gUpaStorm.aspx](#)

- Cooking Up a Storm Folder containing:
 - Expression of Interest form
 - Kitchen Assessment Tool form
 - Project Coordinator business card
 - Cooking Up a Storm Brochure

Community Kitchen Selection Process:

This document was provided to guide the CUaS Selection panel in the selection process. It included

- Background of project
- Project development
- Eligibility
- Information and promotion to eligible communities
- Selection process
- Community Kitchen Assessment Tool

Community Kitchen Information Session: Agenda, power point presentation, information packs, participant evaluation form

The Project Coordinator identified locations and contacted the key community members to establish the most suitable time and day to host community information sessions.

CUaS Working Group developed the agenda for the information session, refined the power point to be succinct, and discussed possible questions that would be raised and an evaluation form for completion by attendees.

Community Kitchen Support

Consideration, identification and preparation was undertaken for when the community kitchens commenced and what would be required to support them. Training for the Community Kitchen Facilitator in the form of a series of workshops and a Community Kitchen Facilitator kit with key information and other items was identified as necessary.

The Community Kitchen Facilitator kit included a shopping trolley, apron, Community Kitchen Manual, Recipe book and CD and a folder containing documents required to be used for evaluation purposes.

The Community Kitchen Facilitator Workshops will commence once communities have begun to form their kitchen and can identify two representatives to attend.

CUaS Working Group Capacity Building Actions

The CUaS Working Groups understanding of Community Kitchens was built by links and discussion with East Wimmera Health Service Cook In Project, Kerang District Health Community Kitchen Program and Kerang Aboriginal Community Centre Community Kitchen program.

Case Studies were sourced from the Community Kitchen website and presented and discussed at working group meetings.

IHP Evaluation Plan for Cooking Up a Storm Community Kitchen Project and Report

Activity in development of the evaluation plan included discussion with the key stakeholders and committees, plan development, further consultation and endorsement of the IHP plan and ultimately submission to the Department of Health. As the Evaluation Plan was written after the commencement of the project tools that were already being used or developed such as meeting minutes and project documents were incorporated.

The evaluation plan and tools have been utilised and proved to work well in the compilation of a comprehensive CUaS Evaluation Report of all the work completed to the end of June 2011.

CUaS Evaluation Report available on:

<http://www.smpcp.com.au/CommitteeNetworks/PromotingHealthyLifestylesCommittee/CookingUpaStorm.aspx>

Cooking Up a Storm – Stage Two Project Brief

CUaS Stage Two Project Brief is a detailed document which defines the roles and responsibilities of all involved and is to provide guidance in the development of each CUaS Community Kitchen with consideration for maintaining catchment wide continuity of the project and progression of SMPCP Promoting Healthy Lifestyle priority, objective and required contribution to evaluation.

Meeting minutes are taken at CUaS Working Group meetings with actions to be undertaken being defined. Distribution of minutes is to all CUaS Working Group members and the formal process of

accepting minutes as true and correct is practiced.

The IHP Evaluation Plan for Cooking Up a Storm and Project Report is a strong resource in monitoring the progression and impacts of the project and for developing strategies that will inform continuous quality improvement strategies.

As part of the SMPCP 2009-2012 Strategic and Operational Plan the SMPCP Promoting Healthy Lifestyles Committee agreed to undertaking mapping of activities/programs, environments, strategies and plans that support increased physical activity, promote active communities and healthy urban planning approaches and nutritious food activities/options that are occurring within the SMPCP catchment. The aim of this mapping is to identify enablers and barriers to progressing the objectives of the SMPCP Promoting Healthy Lifestyles plan and addressing the goal of this priority.

Consideration for communities who will be involved in CUaS will be given to build a picture of the assets that would support a community to develop a community kitchen and what may be barriers to establishing and maintaining a community kitchen.

The **Communication Strategy** guided action to be undertaken in regards to communication and engagement with the community.

Strategies included broad information dissemination by using print and radio media, community and school newsletters and organisation websites; and targeted contact with key people and organisations via phone, email contact and by post.

Information Sessions in eligible communities across the catchment were delivered by the Project Coordinator and CUaS Working Group member. A power point presentation outlining community kitchens and the project, information packs and question and answer times were delivered.

The Social Marketing Material that was developed built the information packs which supported the information that was passed on verbally. The packs included the Expression of Interest forms with the Project Coordinators details for ease of contact if assistance was required when completing an Expression of Interest.

SMPCP newsletters and committee and network reports have been used to inform member agencies of the progress of the project, promotion and to announce the communities who were successful with their application.

Results

Process and impact indicators/measures

The partnership has been lead by two of the lead agencies who have participated in 70% and more of CUaS Working Group meetings in which information was shared and they collaborated to progress the project. The third lead agency had limited capacity for a period of time which did impact on contribution.

While the target is to increase the knowledge of community members and Community Kitchen facilitators the knowledge of the CUaS Working Group was increased in the realisation that the Community Kitchen Model and Community Kitchen Facilitators as volunteers would need to be well supported.

Organisational development has been supported by the initial project plan and timeline which has been referred to and updated in line with need; these documents have provided management support, connection to strategic plans and ensured health promotion activity is progressing.

Development of the IHP Evaluation Plan has brought to the fore the importance of sound practices in integrated health promotion planning processes, this learning has influenced the development work being undertaken for CUaS Stage Two.

	<p>SMPCP member agency, Gannawarra Shire Council took a leadership position by agreeing to employ the Project Coordinator who worked across all three local government areas within SMPCP catchment.</p> <p>The strategies undertaken to promote the project had the possibility of reaching over 11000 people. The most effective means of informing and engaging people has been through networks and distribution of Cooking Up a Storm brochures. The target of sixty community members was not quite reached but it is noted that the impact of significant flood events across the entire catchment had an impact on this and the number of communities who completed an expression of interest.</p> <p>Information Session feedback has indicated the knowledge of the community kitchen concept has increased for the thirty six people who attended the Community Information sessions. Twenty four percent of attendees indicated their knowledge had been increased by understanding the initiative and the benefits for a community such as social inclusion.</p> <p>The target of six communities submitting an expression of interest was not reached. Three communities from the target areas have been selected and will be supported to establish a community kitchen. Further planning and action has been undertaken to achieve this outcome.</p> <p>The Expression of Interest and Selection Process has influenced the consideration and need for additional resources to support implementation and sustainability and hence moving to CUaS Stage Two. CUaS Stage Two has been planned with the aim of effective targeting of resources.</p>
<p>Status and sustainability</p>	<p>Cooking Up a Storm – Stage Two is being planned in consultation with Promoting Healthy Lifestyle committee and CUaS Working Group. CUaS Stage Two is seen as operating at two levels; one being Cooking Up a Storm Catchment Wide Activity and second Cooking Up a Storm Local Level Activity. This structure will require a two way approach where by collaboration and communication between both levels is to occur.</p> <p>The catchment wide activity will be overseen by the Cooking Up a Storm Working Group, (sub group to Promoting Healthy Lifestyle Committee), whose role is to maintain the continuity and progression of the project as outlined in SMPCP 2009 – 2012 Strategic and Operational Plan.</p> <p>A review of the CUaS Working Group will be undertaken to meet the needs of all involved, be effective in project management, provide a platform for issue resolution, opportunity to share initiatives and key to sound and efficient evaluation processes.</p> <p>Cooking Up a Storm Local Level Activity will be undertaken with the guidance of a lead agency from the corresponding local government area within the successful communities to establish sustainable community kitchens. The lead agency will undertake direct work with the community and will receive resources to support their work.</p> <p>Tools developed throughout the project are available for others to use and will be on the SMPCP website or other means as identified. It is seen that the sharing of tools will open opportunities for sharing information, learning and broaden networks and the possibility of other Community Kitchens being established.</p> <p>CUaS Community Kitchen Project will be presented at SMPCP Annual</p>

Forum in November 2011, project reports, tools and other relevant information will be available on SMPCP website, a further IHP Case Study for the period July 2011- 2012 will be completed and submitted to the Department of Health.

Conclusions

- **Key success factors.**
 - Three communities have been selected to participate in CUaS Community Kitchen Project
 - The development of the IHP Evaluation Plan in consultation with SMPCP member agencies for CUaS Community Kitchen Project
 - Community Womens Health funded agencies have lead the CUaS Working Group
 - The role of the CUaS Project Worker who sat within local government was most supportive in progressing the project
 - The perseverance of the CUaS Working Group
- **Key challenges.**
 - Supporting documents took longer than expected to be developed
 - Unexpected floods had a significant impact on promotion to communities and then on the ability or readiness of communities to consider an application
 - To effectively conduct a community information session that was not seen as only for that community
- **Limitations of the project.**
 - While the Project Coordinator worked well to engage with key people and communities across the SMPCP catchment the vast geographical area of the catchment poses limitations of effectively engaging with all communities who were eligible for CUaS Community Kitchen Project
 - The capacity of communities to find a person willing to take a lead role in the Community Kitchen, (this is a volunteer position)
 - Clear understanding of the commitment and activity expected from lead agencies and at times the capacity of agencies to fulfil
- **How activities and improvements will be sustained.**
 - While activity is moving to be conducted at a local level the sharing of information from this activity via the CUaS Working Group will see strong collaboration and support across the catchment
 - With the development of CUaS Stage 2 Project Brief with input and approval of stakeholders the roles and responsibilities of all involved will be well defined
 - Additional resources being applied to the project
 - Learning via evaluation processes
- **Relevance of your findings to other areas of organisational activity.**
 - Findings from Cooking Up a Storm Community Kitchens and the overall project will be related to all priorities of SMPCP Strategic and Operational Plan 2009 – 2012 as follows:
 - Mental Health and Wellbeing:**
 - Support and create networking opportunities
 - Social connectedness
 - programs suitable for referral
 - opportunity for research and trial measures to monitor the effectiveness of interventions that support social connectedness on participant mental wellbeing
 - Chronic Disease Management:**
 - Self Management Approaches – programs suitable for referral (Nutrition, Physical activity, Social activity)
 - Partnership and Governance:**
 - Working in partnership locally and across the catchment
 - Approaches to Community Development Workshop

SMPCP Annual Forum, 'Partnerships - Working together'

Promoting Healthy Lifestyles:

To establish 3 Community Kitchens - Cooking Up a Storm Community Project

To promote nutritious foods (fruit and vegetables)

Lead agencies will be building evidence of community development approaches which will not only provide them with valuable information for future consideration in planning programs but also for others

Future directions.

Cooking Up a Storm Stage Two is setting the scene for true Integrated Health Promotion activity where by community development will be undertaken at a local level, collaboration of lead agencies and other stakeholders across a catchment and defined evaluation practices will be delivered

References (optional)

Replace the text here with your response.

List any key references used in the case study, using the Harvard system of referencing. If you are planning to present your case study at a conference, this section can be structured to meet the conference requirements.

Integrated Health Promotion - Case study template

This template is designed for use by both Primary Care Partnerships (PCPs) and Community and Women's Health (C&WH) funded agencies.

If you have any questions regarding this template, please contact your regional Department of Health office.

Case Study Title	Cooking Up a Storm Community Kitchen
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Details of organisation contact

Name of organisation	Southern Mallee Primary Care Partnership.
Contact Person	Bronwyn Hogan
Position/Title	Executive Officer
Phone No.	03 5033 0722
Email Address	Bronwyn.hogan@smpcp.com.au
Case study author/s	Sallie Amy
Approval date	

PCP program logic (PCPs only)	<ul style="list-style-type: none"> • Embed capacity building into integrated health promotion practice at all levels. • Embed evaluation practice with the planning and implementation of health promotion. • Implement improved integrated health promotion measures including annual provision of case studies for dissemination the PCP website.
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Identified partners

Partner Organisation	Roles and responsibilities with regard to the project	Contact person details (name, position)
Swan Hill District Health	Working Group Member	Gayle Taylor Head of Dietetics & Health Promotion Health Promotion Larni Byrnes Regional Health Services Project Manager
Northern District Community Health Service	Working Group Member	Tricia Currie Programs and Services Manager Alexia Stephens Womens Health Nurse Chair SMPCP Promoting Healthy Lifestyles Committee
East Wimmera Health Service	Working Group Member	Naomi Caulfield Primary Care Coordinator Emily Clarke Community Kitchens Project Officer
Mallee Track Health and Community Service – Sea Lake Neighbourhood House	Working Group Member	Jag Dhaliwal Director of Community Services Kellie Matthews Sea Lake Neighbourhood House Coordinator

Summary/Abstract (200 words)

The Cooking Up a Storm Community Kitchen Project commenced in November 2009 as a partnership project for Southern Mallee Primary Care Partnership Promoting Healthy Lifestyle Committee. The aim was to establish three community kitchens that were sustainable in one small community in Buloke, Gannawarra and Swan Hill.

The project has been successful in reaching the goal of establishing the community kitchens but took a lot longer than was expected and required a bigger commitment from member agencies than was first expected.

In the process a suite of tools have been developed including Community Kitchen Information Packs, Expression of Interest Process and Selection and evaluation process and resource pack suitable for evaluating a community kitchen.

A challenge has been community engagement; it requires a range of methods and time to really understand the capacity of the community to take on a project. Support from a leading agency has proven to be important in initial stages of establishing a community kitchen but steps can be taken for the community to take ownership. Looking for a leader in the early stages is not recommended and commencing and seeing people given the opportunity to take on a task they are confident in is a better approach – natural leaders tended to come forward without having the title of facilitator.

The setting of the community kitchen has proven to be worthwhile for improving social interaction and increasing the confidence of participants when in other settings.

Throughout the project there has been a Cooking Up a Storm Working Group which has been valuable in driving the project, sharing information and trouble shooting. They also delivered a Community Kitchen Workshop which presented topics including food safety, nutrition and participating in a community group. The workshop proved to be informative not only for participants but also for Cooking Up a Storm Working Group members.

The project has provided a great deal of insight into what is required from first considering and planning a project, partnership ownership for the life of the project and consideration for capacity, the possibilities of an integrated project across three LGA's, community development approaches and inclusion of evaluation planning, processes and knowledge.

The Cooking Up a Storm Project has been evaluated throughout the life of the project and final evaluation and recommendations will be provided to the SMPCP Promoting Healthy Lifestyle Committee for consideration and inclusion in planning for 2013 – 2017 in integrated health promotion at the catchment and local level.

Background

Name of project/strategy	Cooking Up a Storm - Community Kitchens
Priority issue(s)	Promoting Healthy Lifestyles- with a focus on preventing chronic diseases through physical activity and nutrition Mental Well-being and social connectedness – with a focus on mental health and family violence
Priority goal	To increase participation in physical activity and improve access to nutritious food To strengthen the mental well-being and social connectedness of people in the southern mallee
Target group	Small rural communities with a population of less than 1500 that have been affected by drought and rural change
Rationale	Cooking Up a Storm Community Kitchens project established one community kitchen in the shires of Buloke, Gannawarra and Swan Hill in a small rural community who has experienced hardship through drought and social disadvantage. Each kitchen will receive support to become established and implement strategies to encourage independence and sustainability. A network of the kitchens within this program and other community kitchen groups will be created so the many experiences and knowledge gained is shared. Southern Mallee Primary Care Partnership (SMPCP) applied for funding in March 2009 to start a community kitchen program from the Sustaining Community Wellbeing Grants Program in partnership with Swan Hill District Health (SHDH), Swan Hill Rural City Council (SHRCC), Kerang District Health (KDH) and East Wimmera Health Service (EWHS). The many models of community kitchens

	<p>demonstrated they are a successful tool to enhance wellbeing, social inclusion and include health promotion activity for hard to reach population groups and vulnerable communities.</p> <p>In 2008 the SMPCP undertook the development of the SMPCP Community Health & Wellbeing Profile which was used as the evidence base for the development of SMPCP 2009-2012 Strategic and Operational Plan. The Promoting Healthy Lifestyle priority was an outcome of the work.</p> <p>The SMPCP then conducted workshops to gain feedback from member agencies and other relevant key stakeholder organisations as to possible priorities for the SMPCP 2009-2012 Strategic and Operational Plan. While the funding application was made prior to the endorsement of the SMPCP 2009 – 2012 Strategic & Operational Plan, CUaS project has been placed as a stand alone objective of the Promoting Healthy Lifestyles IHP plan.</p> <p>The Southern Mallee Primary Care Partnership 2009 – 2012 Strategic Plan has a strong relationship with key member agency plans.</p> <p>Gannawarra Shire Council Public Health and Wellbeing Plan includes; <i>Promoting social connectedness and mental health</i> <i>Supporting healthy lifestyles at all ages and stages</i></p> <p>Buloke Shire Council Public Health and Wellbeing Plan has identified CUaS as a strategy to address; <i>Priority 3 Chronic disease – type 2 Diabete Mellitus.</i></p> <p>Swan Hill Rural City Council Public Health and Wellbeing Plan includes; <i>Priority 4: Food Security</i> <i>Strategy: Continued support for Healthy Lifestyles Committee implementation of Healthy by Design and Cooking Up a Storm projects in partnership with Southern Mallee Primary Care Partnership</i></p> <p><i>Priority 7: Mental Health and Wellbeing</i> <i>Strategy: Support and be an active partner in the Southern Mallee PCP's Integrated Health Promotion Plan</i></p> <p>Swan Hill District Health IHP plan priorities; <i>Healthy lifestyles focusing on nutrition and physical activity</i> <i>Mental wellbeing and social connectedness</i></p> <p>East Wimmera Health Service IHP plan priorities; <i>Promoting healthy lifestyles</i> <i>Strengthen social connections and mental well-being</i></p> <p>Northern District Community Health Services <i>Healthy rural lifestyles</i> <i>Mental health and wellbeing</i></p>
Objectives	<ul style="list-style-type: none"> • To establish 3 Community Kitchens • To promote nutritious food (fruit and vegetables) • Improve mental health literacy in the southern Mallee

Methodology and approach

The CUaS Community Kitchen project was not as advanced as had been expected and due to the quantity and quality of the expression of interest received from communities it was recognised considerable support would be required to see community kitchens established and be sustainable by the end of June 2012. With the knowledge that had been gained throughout the implementation of the project CUaS Stage Two was developed.

Cooking Up a Storm Stage Two

Cooking Up a Storm – Stage 2 commenced in July 2011 and has been the local level work supported by a lead agency for each community kitchen site per LGA while maintaining the overarching integrity of the catchment wide activity inclusive of evaluation and reporting requirements supported by the CUaS Working Group.

A **CUaS Project Brief** was developed in consultation with the key agencies to guide the partnership for the twelve month

period of July 2011 to June 2012 and throughout all levels. Funding was provided and accepted by each supporting agency to support them in their work with the communities and other project initiatives.

Cooking Up A Storm Working Group – Catchment level

The Cooking Up a Storm Working Group was reviewed at the start of CUaS Stage 2 with the significant change being the key stakeholders of CUaS Stage 2 as the members. Members were representatives from Swan Hill District Health Service, MalleeTrack Health and Community Service – Sea Lake Neighbourhood House and Northern District Community Health Service, all of who were working with the CUaS community kitchen sites. East Wimmera Health Service were also included as throughout the project there has been an alignment with their Cook In Community Kitchen Project.

The purpose of the CUaS Stage 2 Working Group was to:

- Ensure progression of the implementation and evaluation of the CUaS Community Kitchen Project that is a part of the SMPCP 2009-2012 Strategic & Operational Plans.
- Oversee CUaS Community Kitchen Project catchment wide activity and to work with and support lead agencies engaged in local level activity.

The CUaS Working Group met on a quarterly basis with all meetings being minuted. Meetings were rotated between Buloke, Gannawarra and Swan Hill and video conferencing was offered.

Activities of the CUaS Working Group included:

- ~ Information sharing
- ~ Trouble shooting of issues arising in the community kitchen
- ~ Evaluation requirements, tools and process
- ~ Coordination and delivery of a CUaS Community Kitchen Workshop

Documents developed particularly for CUaS Stage 2 included:

- ~ CUaS 2 Project Brief
- ~ CUaS 2 Working Group Terms of Reference and Communication Strategy
- ~ CUaS Reporting Template
- ~ CUaS Participant Interview Guidelines and Questions
- ~ CUaS Community Kitchen Workshop – promotional flyer and program
- ~ CUaS Community Kitchen Workshop Participant Feedback Form

The project has been part of an ongoing evaluation and reporting item for SMPCP Promoting Healthy Lifestyle committee. This case study is the third and final of a series that captures the progress from commencement to the point where outcomes can be assessed. A final report has also been written which provides greater detail on all aspects of the CUaS Community Kitchen Project. Recommendations for future opportunities and/or strategies from this project will be made to the SMPCP Promoting Healthy Lifestyle Committee to discuss and consider as part of our future work (2013 – 2017 Strategic Plan).

Local Level

Swan Hill District Health, Northern District Community Health Service and Sea Lake Neighbourhood House approached initialising the establishment of a community kitchen in a range of ways including

- ~ Hosting meetings and information sessions
- ~ Working with the person or people who had submitted the expression of interest
- ~ Promoting via a range of methods – flyer, poster, newspaper, in local businesses, local newsletters and networks, door knock, letter box drop, face to face

Evaluation and monitoring at the local level was the responsibility of the lead agency following the evaluation guidelines and reporting template for the project. Community members participating in the kitchens were aware evaluation of the kitchens was taking place. Particular tools such as the Participant Registerⁱ the Session Summary Sheetⁱⁱ and Participant Before and After Survey were needed to be completed to support this.

Observations made by the lead agency have also been valuable in identifying issues that have arisen in the kitchens and other results such as problem solving and collaboration.

Results

Process and impact

LOCAL LEVEL Reach

indicators/measures	<p>All CUaS Community Kitchen communities hosted a community meeting to promote and discuss establishing a community kitchen. Further promotion occurred by;</p> <ul style="list-style-type: none"> ~ displaying posters in local shops ~ distributing flyers ~ articles in local media and school newsletters <p>In one community a door knock occurred as other methods had resulted in very low numbers responding.</p> <p>While there were a significant number of methods to inform and engage people of the CUaS Community Kitchens in the communities and surrounds of Lakes District, Nyah West and Sea Lake only a total of 44 people registered with a CUaS Community Kitchen; this was less than the expected reach of 60. 32 registrations were women and 12 men. The total average attendance was 29.</p> <p>The Sea Lake Community Kitchen established as a six week program ran each term for youth aged from 7 to 14. Students attended after school usually walking or driving to the venue and then being taken home by the community bus. This group also had the highest average attendance being 13.</p> <p>Lakes District group were adults ranging from the age of 40 to 70 years who were either employed or retired. This group met once a month to cook with an average attendance of 8. They relied on travelling by car due to the rural environment they are situated in and no public transport.</p> <p>Nyah West group had participants from the age of 12 to 88 years, 3 participants were from a CALD background and the average attendance was 8. There were a high number of people registered who were unemployed and this group did have people come from neighbouring communities. Most people drove to the community kitchen which initially ran weekly but once the community took more ownership moved to meeting fortnightly.</p> <p>Fluctuation in the number of people participating in the CUaS Community Kitchens occurred mostly in the adult groups and was mostly due to personal circumstance, seasonal events such as harvest had some impact on community kitchens commencing or the number of people attending. Maintaining interest and consistent numbers is an ongoing challenge in the adult group and strategies to engage others need to continue to be implemented.</p> <p>At the CUaS Community Kitchen Workshop participants did discuss engagement strategies identifying who could be engaged and how this could occur. Their thoughts included seasonal workers, new people to town, people living on their own and people with disabilities. While some of the methods of how this might occur were the same as previous approaches other methods included;</p> <ul style="list-style-type: none"> ~ Go to where the people are – eg. visit places of accommodation Caravan park, ~ Consider changing time of day you may be running your community kitchen to meet needs of other people ~ Consider including people with challenges in other ways than having to come to the community kitchen ~ eg. May provide recipes / research from home / invite to come just for meal / administration tasks eg. Type up recipes, kitchen information <p>The CUaS Community Kitchen Participants also identified benefits for including other such as:</p> <ul style="list-style-type: none"> ~ Bringing new ways of cooking ~ Learning from others ~ Keeps the group interesting ~ So the person will enjoy the community <p>All kitchens had a “break” over the Christmas period and recommenced later in January or early in February.</p> <p>A range of means has been used to continue communication for community kitchen participants and further promotion including email, telephone, flyers, word of mouth and in the youth</p>
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community kitchen Facebook was utilised adding photos and comments from the sessions.

A range of health conditions were reported mostly from the groups that had adults, conditions included Type 2 diabetes, COPD, hypertension, high blood pressure, an allergy to raw egg was reported in the youth group.

The two predominant reasons people joined the CUaS Community Kitchen were to

- ~ Increase social contact and make new friends
- ~ Learn how to cook and prepare meals, learn new recipes and healthy eating

At the Nyah West group there were 11 responses to wanting to make new friends and 10 to try something new these were higher than answers relating to cooking.

Increased Knowledge

The CUaS Community Kitchens have increased the knowledge for the majority of all participants in all or some of the following areas

- ~ Cooking
- ~ Grocery shopping Budgeting for meals
- ~ Meals being prepared at home
- ~ Nutritious food

The community kitchen format appears to have worked very well for the Sea Lake Youth group in providing them with the opportunity to undertake tasks that are usually done by an adult in the family. 100% of the group reported an increase in the like for cooking and grocery shopping. One of the girls participating in the class refused to eat anything that she considered junk food, her knowledge has expanded on what she could include in her diet.

The adults reported they had some knowledge in most areas to start with but the format has contributed to improving this knowledge. The Nyah West group reported the ability to budget for food has improved from 17% indicating they were good to 46%. The Nyah West group also reported a 12% increase in meals being prepared at home from 50% to 62%. Lakes District group has seen an expansion of knowledge regarding the use of different vegetables.

The CUaS Working Group hosted the CUaS Community Kitchen Workshop on 27 March 2012. Evaluation of the Cooking Up a Storm Community Kitchen Workshop indicates the workshop was well received by the participants and that they have increased their knowledge in regards to the topics that were presented which included;

- ~ Food safety
- ~ Nutrition and access to food
- ~ Participating in a community group
- ~ Kitchen safety

The aims of the day;

- Provide information that will help your Cooking Up a Storm Community Kitchen and Cook In Community Kitchen
- Support your kitchen so it is enjoyable for all
- Be an opportunity to ask questions and share your solutions
- Meet others involved in Community Kitchens

were met with all participants saying the day was beneficial to them, they enjoyed meeting others and they were provided information that will be helpful in their community kitchen.

Report attached appendix 1

Consumer Participation and Leadership

The CUaS Community Kitchens has seen positive outcomes with participants forming new friendships and broadening their circle of friends when in other social settings. The CUaS Community Kitchen setting has reduced some barriers to social interaction that may be found in settings where there are more people and groups already established.

In the Sea Lake group a new person to the region found it helped them to meet others that she normally wouldn't have associated with due to age, social and schooling differences.

The Nyah West group reported an increase in volunteering or being involved in community activities from 34% to 69% and Lakes District reported one of their participants has become

involved in the Neighbourhood House and taken on the role of treasurer.

The Lakes District group has seen the men involved in the kitchen taking on key tasks for the group and with leadership roles being taken on. This has evolved as confidence has been built up.

Some participants have expanded their social interests by becoming involved with other community groups.

Strong or dominant personalities in a group did pose some challenges. At the CUaS Community Kitchen Workshop participating in a community group was discussed and participants came up with a range of strategies (*) that could be implemented to ensure inclusion and alleviate problems arising so everyone is comfortable to continue to participate.

*** Community kitchen roles**

- Identify skills of people in the group – some people will be more comfortable to do a particular task, eg. A person may have good computer skills and happy to type out recipes. Be mindful of peoples literacy and mathematical levels.
- Build capacity of others by supporting them to assist with a task – partner them with a person who has more confidence
- Confirm tasks - who is doing each particular task eg. shopping, leading the next session, bringing along particular items

Preventing conflict

- Establish the group rules and procedures of the community kitchen – these should be developed with input from participants and become standard practice of the kitchen. Consider including information on the purpose of the community kitchen, consumption of alcohol, speaking about personal issues and conflict
- Develop a Group Kit for the Community Kitchen that includes the key information that has been decided by the group. Have it available at each community kitchens session and/or provide a copy to new participants. It will help with tricky situations and/or conditions

As the CUaS Community Kitchens have been meeting for a reasonably short time it is possible from these early indications that further positive outcomes in consumer participation and leadership may be seen in the future.

Changed Attitudes

Positive changes have been reported for participants involved which would support healthier lifestyles including:

- ~ Cooking more at home
- ~ Increased confidence because of increased skills
- ~ Enjoying interacting with friends and meeting new people
- ~ Helping others learn recipes that include vegetables that children would eat.
- ~ Being organised and work in a team
- ~ Developing strategies to address challenges faced within the group
- ~ Assisting the CALD ladies with Australian type cooking

Alcohol consumption was an issue that had to be discussed by the Lakes District Group. As the session was held in the evening several participants brought along alcoholic beverages to consume. An agreement on the level of consumption, safety within the kitchen and when travelling and linking the community kitchen to the fact it was part of a health promotion activity alleviated the problem for the group.

To maintain the positive outcomes from the CUaS Community Kitchens there are some challenges that will require further action and strategies including;

- ~ Maintaining interest by learning new recipes
- ~ Engaging other people
- ~ No one wanting to lead or take on responsibilities

Community Strengthening Social Capital

A Community Kitchen Participant Interview tool was developed to gather information for this measure. The tool was provided to the lead agency late in the reporting time contributing to a range of results including it not being used or used but not in a formal interview setting

following the guidelines. Data collection via this method has not been successful for all the CUaS Community Kitchen sites.

By observations and other reporting tools information can be drawn to indicate the CUaS Community Kitchens have had a positive effect on *Increasing participation in community life, including social and physical activities.*

- ~ There is interest in all communities for the CUaS Community Kitchens to continue
- ~ Participants were able to work together and make decisions on how the kitchen operates and roles and tasks needed to be done in each kitchen
- ~ The community kitchen was a good way for new people to meet others eg. "People who were new to the Nyah West community were asked to come along and join in, was a great way to meet people" and "A great social outing, we know how to cook, it is just good to cook and enjoy a meal with other people".

Other reported findings are;

- ~ 2 participants are more confident doing other activities and one is not
- ~ One participant now assists aged care and one is more courageous in general

A challenge has been finding people to take on a greater lead role with many not wanting the responsibility. In two communities the people who submitted the expression of interest had either little or no involvement in the community kitchens that were established. Within the groups people have stepped forward to take on tasks and even lead the group to a degree but they do not want the title of Community Kitchen Facilitator.

CATCHMENT WIDE

Partnerships

The three lead agencies participated in 70% of working group meetings. East Wimmera Health Service continued to communicate and provide information on progress of the Cook In Project but was not as engaged in the working group meetings.

The working group meetings were seen as valuable providing the opportunity to share information, discuss and find solutions to problems and hear how other community kitchens were working.

Challenges for the working group included change of staff, distance of the catchment and limited time for staff working part time.

Organisational development

To guide CUaS Stage 2 a project brief was developed which articulated the roles and responsibilities for all involved in the project and at catchment and local level, it included the evaluation plan and evaluation table which drew out the particular evaluation elements that were to occur with the community. The CUaS Stage 2 Project Brief was developed with input and endorsement from agencies concerned.

The CUaS Stage 2 Project Brief was referred to periodically throughout the project but could have been used more effectively by reviewing at each CUaS Working Group meeting to monitor items needing further attention and establishing the process for undertaking those actions.

The CUaS Community Kitchen Reporting Template was originally designed to be completed and submitted quarterly. It was recognised in September 2011 this frequency was not appropriate as the community kitchens were still working on being established. It was agreed the CUaS Community Kitchen Reporting Template be completed and submitted at the end of June 2012 so the twelve month period was captured. This tool has worked well in most parts and was used by the agencies in writing their case studies of their community kitchen. For overall collation of information providing further detail on how to report such as in percentage, numbers or specific detail would have made this tool more efficient and catchment wide collation stronger. The tools that were sourced from the Community Kitchen Manuals and used to capture information worked well.

The CUaS Community Kitchen Participant Interview was originally going to be undertaken twice during 2011 and 2012 but this was not a reasonable expectation due to the infancy of the community kitchens. Two of the community kitchen sites completed participant interviews with different approaches so the information captured varies greatly.

	<p>Overall the evaluation plan, reporting template and tools have worked well in guiding and collecting data. Further work with agency members in developing an evaluation plan, building capacity on the use of evaluation tools and having agreement on reporting measurements will strengthen this in the future.</p> <p>Resources The Lead Agencies were resourced to support their work for 2011 – 2012 with the local communities to establish CUaS Community Kitchens, resources contributed to staff costs, support for local activity and catchment activity and promotional material.</p> <p>Without the additional resources the Lead Agencies may not have had the capacity to provide as much dedicated time to working with and supporting communities establish the CUaS Community Kitchens.</p>
<p>Status and sustainability</p>	<p>LOCAL LEVEL Cooking Up a Storm Community Kitchens have been established in Buloke, Gannawarra and Swan Hill local government areas and are continuing to operate which reaches the objective of the project.</p> <p>The Cooking Up a Storm Community Kitchen in Sea Lake for youth has been incorporated as a program to be run each term by the Neighbourhood House. Previous participants are keen to continue with the program and would like to expand to include a garden where some ingredients could be grown. With the youth now confident with cooking skills and buying ingredients the level of supervision required is minimal.</p> <p>Lakes District is continuing with support being maintained by Northern District Community Health Service. As the group only met once a month they are still developing steps that will support independent sustainability. Throughout the project sustainability has been discussed with the group and participants have gradually taken on or shared roles for their monthly cooking sessions.</p> <p>Nyah West is continuing independently but has found they need to come up with strategies to engage more interest and new members in the group. They are continuing to look to Swan Hill District Health for ongoing support in strengthening the group.</p> <p>To support sustainability all kitchen participants have contributed a small amount of money each week to contribute to and cover the cost of meals being cooked. Establishing a pantry of staple items, participants bringing ingredients they have at home and in some instances local produces have donated products have contributed to the operation of the community kitchen.</p> <p>For all the CUaS Community Kitchens they are still in their infancy, they have identified challenges they will need to work through to continue on for any length of time as independent groups.</p> <p>Observations gathered from the CUaS Community Kitchen participants regarding sustainability of community kitchens include;</p> <ul style="list-style-type: none"> ~ They all think for the kitchen to continue, more participants are required and more dedication ~ One participant said a wider circle of people need to join, younger community members, one said people need to jump in and do more, no one wants to be responsible and commit, and one said that there needs to be more encouragement for people who do not have cooking skills and confidence, they need to be encouraged not told they are doing it wrong ~ There is nothing new being done, same people every week, getting monotonous. Even with suggestions on how to change this, no one wants to lead the way <p>CATCHMENT WIDE The Cooking Up a Storm Community Kitchen Project is now being reviewed by the SMPCP Promoting Healthy Lifestyle Committee.</p> <p>The CUaS Working Group has now ceased to meet and all information compiled in the complete evaluation report which will include recommendations will be provided to the</p>

SMPCP Promoting Healthy Lifestyle Committee for consideration of future work.

All the tools that have been developed for the project, evaluation report and case studies will be available on SMPCP website.

Conclusions

Key success factors

- ~ The community kitchens have increased knowledge regarding nutritious food and skills in how to prepare and budget for food.
- ~ The community kitchens have provided opportunity for social inclusion and development of skills to interact with others in the community
- ~ Local level lead agency supporting the community
- ~ Community Kitchen Workshop was an informative day for participants and CUaS Working Group members
- ~ Community Kitchen groups taking ownership of their kitchens and developing strategies to resolve challenges
- ~ Having an evaluation framework and tools in place early
- ~ Cooking Up a Storm Working Group

Key challenges

- ~ Engaging community members who were willing to support the establishment of the community kitchen
- ~ Engaging community members to participate in a community kitchen
- ~ Finding community members who are prepared to step into leadership roles
- ~ The time required and number of approaches required to engage the community

Limitations of the project

- ~ Community members put in an expression of interest for the project and then stepped back or took no further part in the project
- ~ Having a suitable venue and enough equipment
- ~ Capacity of staff to support the project and attend working group meetings and other initiatives
- ~ A range of evaluation skills and methods used by health promotion staff
- ~ Changing staff of partner agencies, understanding of the history and ownership of the project

How activities and improvements will be sustained

- ~ Cooking Up a Storm Community Kitchen members are taking a lead in continuing the kitchens and developing strategies to engage others
- ~ CUaS Lead Agencies will continue their relationship with their CUaS community kitchen.
- ~ SMPCP Promoting Healthy Lifestyle committee will be considering the outcomes of evaluation of the project and what ongoing support the community kitchens will need

Relevance of your findings to other areas of organisational activity

- ~ The findings of the project will contribute to the next SMPCP Integrated Health Promotion Plan 2013 – 2017
- ~ The project has evolved over the past four years, (much longer than expected), and much can be drawn from this project commencing with project planning, seeking funding, implementing a project, agency capacity, evaluation and how this all can occur across a catchment and at the local level. This learning will be applied to other PCP projects planned in the future with SMPCP member and associate members.

References (optional)

- ¹ Community Kitchen Manual
- ¹ Community Kitchen Manual



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