

## Support and Resources

Support, ongoing training and resources are available for *Stir it up!* peer-educators to use when promoting healthy eating.

## Other Details

Training is provided by Kiama Community College. Enrolment in the project will be dependent on a Working With Children Check being completed satisfactorily. For insurance purposes, volunteers will be registered with a partner organisation or Illawarra Shoalhaven Local Health District (ISLHD).

The evaluation of *Stir it up!* has been approved by the joint University of Wollongong and ISLHD Health and Medical Human Research Ethics Committee.

## For more information:

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[http://foodfairnessillawarra.org.au/  
projects-stories/stir-it-up/](http://foodfairnessillawarra.org.au/projects-stories/stir-it-up/)



**Empowering Individuals  
Enriching Community**

RTO ID: 90087



## Information for volunteer peer-educators



*Stir it up!* is coordinated by  
Illawarra Shoalhaven Local Health District  
Health Promotion Service  
[www.foodfairnessillawarra.org.au/projects-stories/stir-it-up/](http://www.foodfairnessillawarra.org.au/projects-stories/stir-it-up/)



**Health**  
Illawarra Shoalhaven  
Local Health District

## What is *Stir it up!*?

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

When peer-educators complete their training, they receive a Statement of Attainment with units from Certificate II in Hospitality SIT20316. They are then supported to work with members of the local community on a variety of healthy food activities.

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

*Stir it up!* volunteer peer-educators will need to:

- complete the *Stir it up!* training course—one day per week for five hours, for 17-19 weeks\*

Then,

- attend regular training updates (2-3 hours, once or twice each school term)
- run at least two healthy food activities each year



\*There are two training courses in 2017: Fridays for 19 weeks in Wollongong and Mondays for 17 weeks in Sanctuary Point

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

As a volunteer there are many activities that you can get involved with, such as:

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

Check out the webpage at <http://foodfairnessillawarra.org.au/projects-stories/stir-it-up/>

## Why should I get involved in *Stir it up!*?

Being involved in *Stir it up!* will:

- help you learn about healthy food
- teach you the skills to help other people learn about healthy food
- give you the confidence to do talks, conduct cooking demonstrations and other activities
- provide you with a Statement of Attainment with units from Certificate II in Hospitality SIT20316 which may be used for entry into other training courses
- give you access to ongoing training and support.