

Support and Resources

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

Other Details

Acceptance to the *Stir it up!* 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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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/



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. To become a volunteer peer-educator you need to complete a course with Kiama Community College which includes healthy eating, preparing healthy easy meals, presentation skills, kitchen safety and food hygiene.

At the end of the course you will receive a Statement of Attainment with units from Certificate II in Hospitality SIT20316. You can then decide if you would like to be a *Stir it up!* volunteer. The Hospitality units can be used for entry into other training courses.

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

- Complete the *Healthy Eating* course run by Kiama Community College — one day per week for ten weeks
- Then complete a one day workshop to learn about *Stir it up!* and the resources and support available for volunteers
- You are encouraged to run at least two healthy food activities each year and attend regular training updates (2-3 hours, once or twice each school term)



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

Stir it up! volunteers are involved in many activities, 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
- cooking groups

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:

- teach you more 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
- give you access to resources, support and ongoing training.