



Cook Chill Chat Information Booklet



COOK • CHILL • CHAT



About Cook Chill Chat

Cook Chill Chat (CCC) is an 8-week program that brings members of our community together to cook and share a meal. There will be six cooking sessions and two social activities planned for the 8-week program.

Healthy Cities Illawarra (HCI) partners with community organisations to deliver this healthy eating and social inclusion program.

Aim

To increase social connections amongst the Illawarra Shoalhaven region by bringing people together to cook, share a meal and get out in their community.

Objectives

- Increase social connections
- Improve cooking skills and nutrition knowledge
- Improve mental wellbeing
- Improve physical health

What does Cook Chill Chat involve?

Six Cooking Sessions

The group will cook an easy, quick and nourishing meal to share. It is not a cooking demonstration, but an opportunity to develop cooking skills in a supportive environment. We will then enjoy the meal together, followed or preceded by an education component, discussing different nutrition, health and sustainability related topic. Options for topics are below, and participants will have the opportunity to choose from:

- **Cooking Session 1: Together in the kitchen**
- **Cooking Session 2: Eat Well, Live Well**
- **Cooking Session 3: Get to know your food**
- **Cooking Session 4: Takeaway the junk food**
- **Cooking Session 5: Savvy Savers**
- **Cooking Session 6: Love Food Hate Waste**
- **Cooking Session 7: Become a storage master**
- **Cooking Session 8: Celebrating our food future**

Two Social Activities

During these sessions the group will visit other community-based activities to increase social interactions and linkages into existing programs and services. HCI and the community organisation will scope different options for social activities in the local area. The CCC participants will choose their preferred social activities during the first or second Cook Chill Chat session.

Social Activities include:

- **Community Garden - Promote gardening skills & social connections**
- **Farmers Markets - Introduce local seasonal food options & social connections**
- **Library - Introduce access to food related books & community programs**
- **Exercise class - Promote physical activity & social connections**

What is required from your organisation?

- **Decide on the target audience**
- **Book a suitable kitchen venue**
- **Lock in dates for CCC**
- **Recruit at least 12 participants – anyone over 15 years of age is welcome.**
- **Be present each week at CCC, where possible.**
- **Assist with identifying options for social activities in the local area.**

Kitchen Venue

Things to consider when searching for a suitable kitchen venue:

- Is it central and accessible by public transport for participants?
- Does it have adequate kitchen equipment and cooking utensils?
- Does it have adequate dining space, which encourages interaction between participants?
- Once venue is locked in, complete a kitchen audit using our kitchen audit form.
- Can you think of one or two suitable alternative venues?

Dates & times

To determine suitable day and time:

- Program considerations: kitchen availability
- Participant considerations: existing commitments, time of the day, transport.

Costs

The program is free and there is no cost to participants.

Recruiting participants

Each Cook Chill Chat can have up to 12 participants (depending on kitchen size). When recruiting participants, please outline the program with them:

- CCC is a community-based cooking program and the main focus is gathering together to share a meal where you will pick up some cooking and nutrition tips and tricks along the way.
- We will look at basic nutrition messages: what is healthy eating, how much should we be eating, how to read food labels, storing food correctly, reducing food waste, meal planning, tips in the supermarket and modifying recipes.
- The program will be participant-led, meaning you and the group will be providing input into recipe selection and deciding on suitable social activities.





Cook Chill Chat is developed and implemented by Healthy Cities Illawarra Inc.
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Contact Information

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