



**Healthy
Cities**
Illawarra



Stir It Up!

Healthy Eating Education & Support

Stir It Up! is an exciting project that aims to promote good food and healthy eating in local communities. The program was developed by Illawarra Shoalhaven Local Health District (ISLHD) and is now coordinated by Healthy Cities Illawarra.

Volunteers are trained as peer-educators and receive basic training in healthy eating, cooking, food hygiene and presentation skills. They are enthusiastic and keen to promote healthy eating in the community.

Healthy Cities. Healthy People.

How to get involved with Stir It Up!

Volunteer peer-educators are available to conduct healthy eating activities for organisations or groups.

Activities can be a one-off presentation, or part of a longer program and can include:

- Food activities with schools and preschools
- Cooking demonstrations
- Working with school canteens, breakfast clubs or community gardens
- Healthy eating talks to the general community
- Supermarket tours to teach people about healthy food choices
- Healthy eating exhibitions and displays
- Cooking classes.

You may also have your own idea for an activity or you may be running a program that could include a healthy eating activity.

The role of peer-educators is to educate their community about healthy eating. Please note that peer-educators do not provide catering for events.

Important Information

Stir It Up! volunteers are not health professionals, are not paid for their time and are not expected to incur any out-of-pocket expenses. Any costs involved in running the activities need to be covered by your organisation.

Please note that peer-educators are volunteers trained in basic nutrition concepts and it is not their role to provide individual health or nutrition advice. Participants requesting individual advice should be referred to their GP or to an Accredited Practising Dietitian.

- A representative of your organisation must be present during the activity and assist where practical or required
- Appropriate workplace health and safety procedures must be followed at all times
- Volunteers should not be asked to do tasks outside their role as Stir it up! peer-educators
- Your organisation and the activity venue must have current Public Liability Insurance coverage
- A Risk Assessment of the activity venue must be completed prior to the activity.
(A form will be sent to you when you request an activity)

How to request a Stir It Up! volunteer

To request a volunteer peer-educator to run an activity for your organisation or group, email us to discuss your ideas and to obtain an Activity Request Form. The Stir It Up! project has a range of cooking and presentation resources that we can bring to your venue.

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