



**Healthy
Cities**
Illawarra



Stir It Up!

Healthy Eating Education & Support

Information for Volunteer Peer-Educators

Healthy Cities. Healthy People.

What is Stir It Up!?

Coordinated by Healthy Cities Illawarra, Stir It Up! is an exciting project where volunteers promote good food and healthy eating in their local communities.

To become a volunteer peer-educator you need to complete an approved training course with a Registered Training Organisation or show equivalent training or experience.

You can then decide if you would like to be a Stir It Up! volunteer.

Kiama Community College is currently the Registered Training Organisation partnering with Stir It Up!

The Kiama Community College course includes the Food Handler Certificate, nutrition basics, preparing healthy food, presentation skills and workplace health and safety. The course includes units from the Certificate II in Hospitality. A nationally recognised Statement of Attainment is awarded for completed units. These units can be used as entry into hospitality or other training courses.

What do I need to do to become a Stir It Up! volunteer?

- Complete approved training or show equivalent training or experience.
- Complete a workshop to learn about Stir It Up! and the resources and support available or 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.

Visit <https://healthycities.org.au/programs/stir-it-up/> to find out more!

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.

Support and Resources

Support, ongoing training, equipment and resources are available for Stir It Up! peer-educators to use when promoting healthy eating.

For more information:

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

