



Cooking Together Manual

A Practical Guide to Community Cooking Programs

Train facilitators. Strengthen programs. Support healthier communities.

WHAT IS IT?

The Cooking Together Manual is a practical resource designed to train and guide facilitators in running safe, engaging, and inclusive cooking classes.

It supports organisations to strengthen and align cooking initiatives, ensuring programs better meet community needs and promote healthier eating across the region.

WHY THIS MATTERS

Community cooking programs are more than just cooking.

They help -

- Build confidence and practical life skills
- Improve access to healthy, affordable food
- Reduce social isolation
- Support stronger, more connected communities
- When done well, they create long term, sustainable impact.

WHAT THE MANUAL HELPS YOU DO

If you already run your own cooking programs or want to get started, the manual can help you to:

Train confident staff, volunteers, and local facilitators:

- Build skills in leading groups.
- Support safe and inclusive environments.
- Provide clear, practical guidance.

Deliver consistent, high-quality programs across your organisation:

- Step-by-step planning and delivery.
- Simple session structures that work.
- Tools to keep sessions engaging.

Align with community needs:

- Adapt programs to different groups.
- Support culturally inclusive and accessible delivery.
- Focus on real life skills, like budgeting and meal planning.

WHO IS IT FOR?

Designed for:

- Community houses
- Schools & kindergartens
- Child care services
- Youth centres
- Gardening groups
- Health and community organisations

No formal cooking background needed! Just a willingness to support others.

WHAT'S INCLUDED

- ✓ Facilitator training guidance
- ✓ Planning tools and checklists (can be downloaded / printed separately)
- ✓ Nutrition basics (simple and practical)
- ✓ Session templates and resources
- ✓ Safety and risk management support

Build skills. Build confidence.
Build community.

Start using the *Cooking Together Manual* to support healthier eating and stronger communities across our region.

