COOKING FOR CHANGE TRAIN-THE-TRAINER

Bendigo Foodshare have been delivering their highly successful Cooking for Change program across Bendigo for several years now, but had determined that they wanted to expand this project into other LGA's. HLC partnered with Bendigo Foodshare to expand the Cooking for Change! program into Campaspe Shire. Echuca Regional Health (ERH) was chosen to pilot this program, given their extensive experience in working within local schools, particularly as part of the HLC-funded Healthy Schools Program.

OBJECTIVES

To increase skills in cooking healthy meals amongst young people in Campaspe Shire by 30 June 2026.

To increase confidence in cooking healthy meals amongst young people in Campaspe Shire by 30 June 2026.

To increase knowledge of the importance of healthy eating amongst young people in Campaspe Shire by 30 June 2026.

WHAT WE DID

TRAIN-THE-TRAINER

Bendigo Foodshare developed a Cooking for Change Train the Trainer package which included a manual, printable resources and recipe ideas.
They then facilitated a two-hour in-person workshop to support the upskilling of ERH Health Promotion staff members.
The ERH staff were provided resources and templates, and also had follow up meetings with Bendigo Foodshare throughout the process.

COOKING EQUIPMENT KIT

Bendigo Foodshare created an equipment list and HLC purchased the items for ERH to create a cooking equipment kit. This kit included not only utensils, pots and pans, but also freestanding cooktops, a food processor and aprons.

PILOT SESSIONS

Bendigo Foodshare supported ERH to organise, plan and deliver their first Cooking for Change sessions. This block of sessions (one information session and two cooking sessions) were held with Echuca College students and were fully supported by Bendigo Foodshare.
After this, ERH facilitated another block of sessions with Echuca TAFE, and they completed this without the support of Bendigo Foodshare.

OUTCOMES

17 students engaged

350 meals created for food relief

44% of participants stated that they got better at handling food safely.

44% of partipants stated that their confidence in cooking increased.

56% of participants stated that they learnt about healthy eating.

THE STUDENTS WERE ASKED "WHAT'S SOMETHING GREAT THAT HAPPENED AS A RESULT FROM TAKING PART IN THIS SESSION?"

"To know that I cooked for something that would help and benefit a lot of people"

"I know how to make more [types of] foods"

"I'm better at cooking"

"I felt more comfortable cooking"

SUSTAINABILITY & SCALEABILITY

Echuca Regional Health has committed to continuing to deliver the Cooking for Change program locally. They have partnered with Echuca Neighbourhood House to support sustainability. The Neighbourhood House have committed to providing pantry staples and fresh produce where they can to further support this initiative. The meals produced as part of this program go back to either the Neighbourhood House or they remain at the school to support families.

Echuca College have requested to take part in the program once a term, and Echuca 208 Primary and Echuca Twin Rivers Primary have recently been brought on board to be involved in 2026-2027.

Additionally, HLC are funding the expansion of this program into both Mount Alexander Shire and Macedon Ranges Shire to further test sustainability and scaleability.

Cooking for Change! Program | Bendigo Foodshare | Echuca Regional Health | Healthy Loddon Campaspe | Regional Partnerships Loddon Campaspe | Victoria State Government

The Healthy Loddon Campaspe initiative is supported by the Victorian State Government