

Cook'n Kiwi Programme

Diabetes Projects Trust



Presentations and workshops :

- Healthy Food Choice
- Nutrition for a healthy Pregnancy
- Nutrition for children
- Meal planning & Budgeting
- Label reading
- Diabetes
- Healthy heart
- Nutrition Myth busters
- Mood and food
- Mindfulness & Mindful eating
- Weight loss

Request a topic and we can make it work!

Flexible presentation times

Four hour presentation qualifies for the certificate. This does not include the cooking component.

Cooking demonstrations / tastings/ team cooking of easy, fast and healthy recipes

Supermarket Tour:
Labelling, Budgeting

Onsite support groups
e.g. weight loss, lunchtime walking groups, other exercise groups.

Suggestions on improving weekly menus and Fun activities

e.g. **tasting charades, Recipe competitions**, promotion of taking the stairs, 1 week mindfulness, 10.000 steps a day

Health expos or health day support

**Resource Kit
Handout Pack**



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- Programme run by a NZRD Registered Dietitian
- **Free** programme – Ministry of Health-funded
- Supporting components offered with presentation