



FoodREDi

Red Cross Train-the-trainer Program

Red Cross' FoodREDi facilitator training equips community and not for profit based practitioners to deliver interactive FoodREDi (nutrition education) programs with individuals and families. FoodREDi facilitators receive comprehensive resources and ongoing support from experienced Red Cross staff to run this highly successful and well received program.

FoodREDi

The FoodREDi Program is holistic, multifaceted and community focused - a healthy living program, based on adult-learning principles, developed for a wide range of vulnerable and hard to reach people in our community.

By bringing people together for a series of flexible, hands-on workshops, Australian Red Cross FoodREDi shares ideas on how to get value for money and achieve a balanced diet - all in a relaxed and friendly atmosphere. Developed by qualified dietitians and based on the Australian Guide to Healthy Eating, FoodREDi helps individuals and families to make sustainable changes to diet, physical activity, food budgeting and healthy weight, helping to improve health, prevent and manage chronic disease and learn skills for economic self-reliance.

FoodREDi participants gain:

Increased consumption of fruit & vegetables

Knowledge about good nutrition & physical activity

Skills to choose, prepare & cook healthy meals

Greater economic self-reliance through improved budgeting skills

Increased confidence in implementing new knowledge & skills

Social connection through sharing meals together

FoodREDi Facilitator Training

Following successful completion of the recruitment and training process, facilitators receive access to a range of colourful and interactive program resources to run their FoodREDi sessions, with guidance and support from Red Cross.

FoodREDi Facilitator Training is delivered in 1 – 2 days by experienced Red Cross staff who have run FoodREDi with a diverse range of community groups.

Trained FoodREDi facilitators become partners with Red Cross based on a commitment to run 2 or more FoodREDi programs and to provide Red Cross with (de-identified) participant data for all programs.

FoodREDi Facilitator Training would suit:

- Community / Welfare Workers
- Health Promotion Officers
- Community Group Leaders
- Emergency food relief staff/volunteers
- Community Nutritionists and,
- Volunteers passionate about building health knowledge in their local community.

For more information about FoodREDi and FoodREDi Facilitator Training:

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“This is such a valuable program that has changed the lives of those who have attended. They may not realise it but what they have learnt has been locked in because we, as staff, hear them talking about it for weeks to come”.

Programs Coordinator, Beechworth Correctional Centre