

# Become a nom! cooking coach

and empower your community  
with healthy eating



Build your skills and confidence to run practical cooking sessions in your community. Become a nom! Cooking Coach and learn how to empower community groups to cook, learn and eat well together.

nom! Cooking Coach training covers essential cooking and food safety skills to prepare nutritious meals, with a focus on local and seasonal ingredients. The model is flexible and can be adapted to run cooking sessions for children, youth, adults, families or mixed groups.

## Who can become a nom! Cooking Coach?

nom! Cooking Coach training is for people who work with communities, families and local groups. This includes staff, volunteers and leaders from community centres, health and education services and Aboriginal and culturally diverse communities.

## What resources will be available?

Participating organisations receive easy-to-use cooking ideas, simple recipes, practical guidance and tools to run safe and engaging cooking sessions. They also get ongoing support from Foodbank's nom! nutrition team, with resources that can be used as is or adapted to local needs, cultures and facilities.



## How does the nom! Cooking Coach training work?

- Workers or volunteers receive training from Foodbank WA's public health nutritionists either face to face or online.
- Cooking sessions are planned to suit local priorities, seasonal and available ingredients and participants' needs.
- Groups cook, eat and learn together.
- Ongoing support is provided by Foodbank WA's nom! nutrition team to a community of nom! Cooking Coaches across WA.
- Feedback supports learning and improvement of healthier food choices over time.

**The focus is on building community groups' capacity to grow skills, confidence and local ownership with a focus on healthy eating.**

## Expression of interest

If you are interested in participating in our nom! Cooking Coach training you are invited to submit an Expression of Interest.

**Email: [nom@foodbankwa.org.au](mailto:nom@foodbankwa.org.au)**



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QR code!**



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**[nom.org.au](http://nom.org.au)**