

# Walgett Community Services Cooking Program

November 2019

The Walgett Community Services Cooking Program was developed as part of the Local Drug Action Plan to promote healthy living and lifestyle modification strategies through nutritional and healthy cooking health promotion.





Working in partnership with Mackillop Rural Services and their established groups, we targeted their at need clients to facilitate a healthy, fresh and budget conscious cooking program. All 12 participants would gain cooking skills and nutritional information relevant to their family.

This program successfully promoted the message that healthy bodies and healthy minds lead to long, productive and healthy lives.

