

## Community Kitchens Facilitator Training Evaluation Report November 2009

### Demographics

All participants were female- aged between 35 & 74 years. The majority (63%) were aged between 65 & 74 years.  
Most participants were from Leongatha (56%) or Korumburra (25%), with one representative from each of San Remo, Cowes & Nerrena.  
Almost half (44%) of the participants had completed Safe Food Handling Training.

### Pre Training Evaluation

Participants were asked to *Rate their **knowledge** before the training regarding each of the sections covered in the session.* A 5 point scale was used ranging from Very Low to Very High. The median response for each section was:

	Average	Average (Out of 5)
Kitchen Safety		3.4
Food Safety	Average	3.4
Healthy Eating & Nutrition	High	3.8
Budgeting	Average	3.6
Planning a Menu	Average	3.4
Setting Up a Community Kitchen	Very Low	1.4

*What are you hoping to get out of the training?*

The most popular response was information about setting up a CK (6 responses) eg. what's involved, who to offer it to, how/what to charge?  
Some were after the broad picture (2) or philosophy of CK's. Others wanted to learn more about specific topics such as food handling, managing a kitchen, budgeting, kitchen & food safety, how to maintain interest or how to gain confidence in organising groups.

### Post Training Evaluation

Participants were asked to *Rate their **knowledge** after the training regarding each of the sections covered in the training* using the same scale. The median response for each section was:

		Average (Out of 5)
Kitchen Safety	High	4.3
Food Safety	Very High	4.5
Healthy Eating & Nutrition	Very High	4.5
Budgeting	High	4.3
Planning a Menu	High	4
Setting Up a Community Kitchen	Average	3.5

When compared to the pre-training scores there was an increase of at least 1 point on the scale in every section. After the training there was only one response in one section (setting up a community kitchen) of knowledge being below average compared to 21 pre-training.

Participants were asked to *Rate the **length** of each section ranging from Too short to Too Long.* The median response for each section was:

Kitchen Safety	Just Right
Food Safety	Just Right
Healthy Eating & Nutrition	Just Right
Budgeting	Just Right
Planning a Menu	Just Right

## Setting Up a Community Kitchen A Little Short

All categories except 'Setting up a CK' were considered the right length. Responses for 'Kitchen Safety', 'Food Safety' and 'Healthy Eating & Nutrition' were skewed towards being too long. 'Budgeting', 'Planning a Menu' and 'Setting up a CK' were skewed towards being too short.

Participants were asked to *Rate the **content** of each section ranging from Not Appropriate to Very Appropriate*. The median response for each section was:

Kitchen Safety	Fairly/Very Appropriate
Food Safety	Fairly/Very Appropriate
Healthy Eating & Nutrition	Fairly/Very Appropriate
Budgeting	Appropriate/Fairly Appropriate
Planning a Menu	Appropriate/Fairly Appropriate
Setting Up a Community Kitchen	Appropriate

Participants were asked to *Rate the **relevance** of each section ranging from Not Relevant to Very Relevant*. The median response for each section was:

Kitchen Safety	Very Relevant
Food Safety	Very Relevant
Healthy Eating & Nutrition	Very Relevant
Budgeting	Very Relevant
Planning a Menu	Very Relevant
Setting Up a Community Kitchen	Fairly Relevant

	<b>Knowledge Pre Training</b>	<b>Knowledge Post Training</b>	<b>Length</b>	<b>Content</b>	<b>Relevance</b>
<b>Kitchen Safety</b>	Average	High	Just Right	Fairly/Very Appropriate	Very Relevant
<b>Food Safety</b>	Average	Very High	Just Right	Fairly/Very Appropriate	Very Relevant
<b>Healthy Eating &amp; Nut.</b>	High	Very High	Just Right	Fairly/Very Appropriate	Very Relevant
<b>Budgeting</b>	Average	High	Just Right	Appropriate/Fairly Appropriate	Very Relevant
<b>Planning a Menu</b>	Average	High	Just Right	Appropriate/Fairly Appropriate	Very Relevant
<b>Setting Up a CK</b>	Very Low	Average	A Little Short	Appropriate	Fairly Relevant

Participants were also asked to rate the *venue, information pack* which they were given and the *training overall*.

A similar 5 point scale was used with responses ranging from Very Poor to Very Good. The median response for each section was 'very good'. 93% rated the venue 'very good', 87% rated the information pack 'very good' and 73% rated the training overall as 'very good'. There were no responses for any section below good.

*List the best 2 things about the training:*

A common response was 'well presented' (4 participants).

Others reported

- Speakers spoke well (2)
- Facilitators were patient and answered questions well

- The nutrition info (5)
- The information folder (3)
- The afternoon tea (3)
- Information excellent/clear (3)
- The venue (2)
- Meeting and interacting with other groups
- The support offered
- Quality of the presentation
- The number of people attending

*List 2 things about the training that could be improved:*

Most participants responded that the training was great and they wouldn't change anything or left this section blank. The most common negative response was the need for 'more linkage between the slides and the folder' (4) (eg. number pages so that facilitator can refer to page).

Others suggested

- Having a Break Earlier
- More Details on Setting up the Kitchen (including basic utensil list, food for the pantry etc.)
- The Training could have been longer

*Comments:*

- It would be fantastic if regular CK facilitators could meet up to exchange ideas.
- Excellent folders, well organised
- Follow up yearly- to get facilitators together to share experiences
- Training needed to be longer

### **Reflection**

- More people had completed safe food handling training than expected so in hindsight there should have been less of a focus on kitchen & food safety
- Session needed to be longer or include less information

### **Recommendations**

- Include power point slides so that participants can follow along and summarise content information into handouts that can be given to CK participants where required
- Reduce the amount of time spent presenting on Kitchen & Food Safety
- Increase the time spent presenting on setting up a Community Kitchen
- Allow time for questions after each section

### **What now?**

- Develop resources that can make transferring knowledge onto group participants easier such as instructions for transporting shopping which can go in the shopping bag, step by step instructions for sanitising and washing hands etc.

- Develop more resources to do with setting up a CK such as recommended list of staple ingredients, tips for maintaining interest
- Collate more recipes including nutrition information and recipes and information regarding special dietary requirements
- More detailed information regarding the philosophy behind Community Kitchens- why people become involved, benefits to participants etc.
- Gauge interest in holding a meeting 2 or 3 times a year for CK facilitators so that they can discuss issues, ideas, recipes etc.
- Look into holding a follow up session covering 'setting up a CK' in more detail