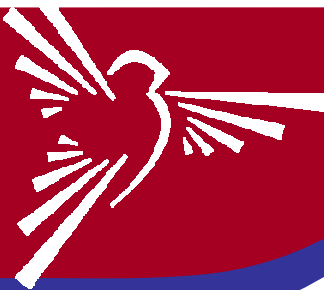


# Positive DIRECTIONS

SPIRITUS ♦ The Anglican Church caring



## What is CHEF?

CHEF is a six (6) week cooking program developed for PLWHA. The goal of CHEF is to improve overall health, by teaching basic cooking skills and increasing knowledge of safe food handling techniques.

## Potential Benefits of the program:

- Improved skill at cooking simple healthy meals
- Improved knowledge of food safety and handling
- Improved skill at choosing healthy food from a supermarket
- Improved mood, self esteem and social interaction

## How is the course structured?

- Week 1: Supermarket shopping tour. The CHEF dietitian will advise you how to choose healthy food products from the supermarket.
- Weeks 2 – 6: Cooking workshops (1 ½ hours each). The workshops require full participant involvement to prepare simple, yet healthy meals. The CHEF dietitian will also provide education on how to prepare and handle food safely.
- After each cooking workshop, participants will be able to sit down and eat the meals they have prepared.

## Where is the program being held?

### Cooking Workshops:

QAHC office: 290 Draper St, Cairns Qld 4870. Ph: (07) 4041 5451.

## Dates for the CHEF program:

- Week 1: Wednesday 17<sup>th</sup> February: 11am – 12:30pm
- Week 2: Wednesday 24<sup>th</sup> February: 11am – 12:30pm
- Week 3: Wednesday 3<sup>rd</sup> March: 11am – 12:30pm
- Week 4: Wednesday 10<sup>th</sup> March: 11am – 12:30pm
- Week 5: Wednesday 17<sup>th</sup> March: 11am – 12:30pm
- Week 6: Wednesday 24<sup>th</sup> March: 11am – 12:30pm

\*\*\* Participants who attend all 6 weeks will receive a \$50 food voucher at the last workshop! \*\*\*

## How do I get Involved?

### *Participants must be registered clients of Positive Directions.*

Please contact the Nutrition Advisor (Rachel Roth) on 1800 422 313 (free call from landline phones) or (07) 3900 8000 to register for CHEF.

Please contact the Cairns Positive Directions office if you would like to register as a client of Positive Directions.

***Numbers are limited – Don't miss out!***

## About

### **Positive Directions**

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV / AIDS (PLWHA) in Queensland.

## Locations

### **Brisbane**

101a Watson Street  
Camp Hill QLD 4152  
PO Box 167  
Stones Corner QLD 4120  
**Ph 07 3900 8000**  
**Fax 07 3843 4962**

### **Gold Coast**

18a West Street  
Burleigh Heads QLD 4220  
PO Box 590  
Burleigh Heads QLD 4220  
**Ph 07 5576 8366**  
**Fax 07 5535 2166**

### **Sunshine Coast**

Level 2, 15 Sydney Street  
Nambour QLD 4560  
PO Box 344 Nambour  
Qld 4560  
**Ph 07 5441 1222**  
**Fax 07 5441 1566**

### **Townsville**

Suite 11, Level 2, 155  
Denham Street  
Townsville QLD 4810  
PO Box 5186  
Townsville QLD 4810  
**Ph 07 4721 1384**  
**Fax 07 4724 2491**

### **Cairns**

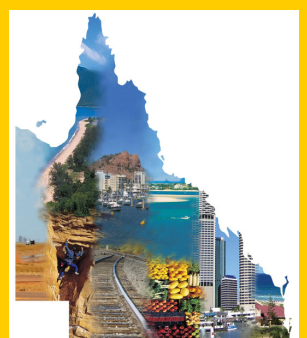
3b/151 Martyn Street  
Cairns QLD 4870  
PO Box 2975  
Cairns QLD 4870  
**Ph 07 4051 1028**  
**Fax 07 4051 0928**

Email:

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Web:

[www.positivedirections.org.au](http://www.positivedirections.org.au)



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