

How to start an ADRA collab

FOR YOUR MUMS AT THE TABLE GROUP

THE STORY

It all started when a Mums At The Table volunteer moderator connected with a church member who volunteered with ADRA's Cooking and Literacy Program. She attended one of the cooking classes and it happened to be a day when the ADRA supervisor was visiting. As they explored how the two programs could work together, ADRA was happy to get involved and with approval from the supervisor, the collaboration began.

WHAT ADRA HELPS WITH

In the above scenario, ADRA helps by providing things such as:

- Budget for morning tea and cooking activities
- Recipes and other resources
- Ingredients for simple cooking demonstrations
- A short 5–10 minute cooking demo, food safety tip or healthy living topic
- Help from an ADRA volunteer when needed

As the Mums At The Table group runs an exercise meet-up, it fits easily into what the group is already doing. The mums can exercise, the kids can play, everyone can enjoy morning tea and there is also something practical for the mums to learn and take home with them.

The Mums At The Table volunteer moderator also became an official ADRA volunteer and helps with ADRA's Cooking and Literacy Program.

ACTIVITY IDEAS

For the first session, an ADRA volunteer ran a simple cooking demonstration where the mums made "Traffic Light Sandwiches" and a few other healthy, low-cost recipes using ingredients covered by the ADRA budget.

Another week, they tried different infused waters, especially for those who do not enjoy drinking plain water in winter. It also tied in nicely with a reminder about staying hydrated before Pilates.

The Mums At The Table volunteer moderator also shared her family's favourite "salad on the go" recipe, which the mums enjoyed trying.

The activities do not need to be complicated. Even a quick recipe, food safety tip or healthy living idea can add something useful to the meeting.

HOW YOUR GROUP COULD GET STARTED

1. Find out whether ADRA is already doing something in your church or local area, or if there are ADRA volunteers or programs already running, such as the Cooking and Literacy Program.
2. Go along to an ADRA activity if you can. It is a good way to see what they are doing and get to know the people involved.
3. Tell them about your Mums At The Table group. Share what happens at your playgroup, who comes along and how you are supporting mums and families.
4. Ask whether there is a simple way you could work together. This could be help with morning tea, a short cooking demonstration, recipes, healthy eating ideas or food safety tips. (Something related to what they're already doing.)
5. Talk with the local ADRA coordinator or supervisor. If funding or ADRA resources are going to be used, make sure you have approval from the right person first.
6. Look at whether you could volunteer with ADRA too. If it works for your situation, becoming an ADRA volunteer can be a great way to support their existing programs as well.
7. Keep it simple to begin with. You do not need to create a whole new program. Start with one short cooking demonstration or health tip and see how your mums respond.

WHY IT WORKS

Mums At The Table and ADRA already have a lot in common. Both are about supporting people, building community and offering practical help.

ADRA can bring recipes, resources, health information and practical support, while Mums At The Table already has a place where mums and children are meeting and building friendships.

It can become a simple way to offer mums a little more each week, while also helping support the work ADRA is already doing in the community.

