



**NEST  
LINK**™



**Bring NEST to your community - wherever you live**

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## BRING NEST LINK TO YOUR COMMUNITY

Introducing **NEST Link** — a new way to bring high-quality food education to the communities you serve, without OzHarvest needing to be in the room.

Through a flexible train-the-trainer model, your organisation can deliver **NEST** at scale, using OzHarvest's trusted curriculum and evaluation framework. It's designed for organisations who are already close to the communities that need it most — giving you the tools, training and confidence to run NEST yourself, exactly where it's needed.



## HOW NEST LINK WORKS

When you sign up to be a NEST Link provider, your organisation receives everything needed to deliver NEST locally, including:

- Training for your qualified dietitians and nutritionists, and/or other community health professionals
- Access to **90+ educational resources**, aligned with the Australian Dietary Guidelines
- Ongoing program support, updates and reporting
- An evaluation framework to measure and demonstrate impact
- Connection to the NEST Community of Practice

You'll be supported every step of the way to confidently deliver and grow NEST Link in your region.



## WHAT IS NEST?

### Healthy eating on a budget!

OzHarvest's NEST program teaches healthy eating and affordable cooking over six weeks — an evidence-based program that improves food choices, addresses food insecurity and aligns with the Australian Dietary Guidelines.

With NEST Link, we're expanding beyond our immediate reach so that even more communities can learn to cook easy, low-cost recipes and share a meal together.

### What does NEST cover?

- Nutritious healthy eating choices
- Low-cost meal planning
- Food shopping budget tips
- Reading food labels
- Correct food storage
- Shopping and cooking tips
- Minimising food waste



“

NEST has never just been about cooking. It's about confidence, skills and nourishing your family on a budget. NEST Link brings that to communities we could never reach before.

- Elisha West, NEST Program Manager

# COMMUNITY IMPACT

By training with OzHarvest, you bring one of Australia's most trusted food education programs directly to the people who need it most — in a space that's already familiar and welcoming to them.

Running NEST Link in your space means more than teaching people to cook. It's an opportunity to deepen relationships, build trust, and become a genuine hub of wellbeing in your community. The people you reach are more likely to engage when the program comes from someone they already know — and the ripple effect of that connection goes far beyond the kitchen.

## Your participants receive:

- Six weeks of hands-on cooking and nutrition education
- Practical skills for cooking healthy, budget-friendly meals
- A certificate of completion
- A take-home toolkit including fact sheets and the OzHarvest Everyday Cookbook — packed with easy, nutritious recipes all under \$4 per serve



**51%**

feel more connected to their community



**70%**

increased their nutrition knowledge



**73%**

reported an increase in confidence and skills to cook affordable meals



**90%**

would recommend NEST to their friends and family



**11%**

reduction in food insecurity

For more information, please refer to the [Journal of Human Nutrition and Dietetics: Evaluation of a Nutrition Education and Skills Training program](#)



## Testimonials

### What NEST Link provider, HealthWISE says

"NEST Link has filled a real gap for people in low-income rural and regional communities, improving overall health outcomes. Backed by the latest nutrition science, the NEST program makes it easier and more affordable to prepare nutritious meals at home. Beyond the cooking skills, it fosters social connection, bringing people together to share stories, reduce loneliness and improve overall wellbeing.

Working with the OzHarvest NEST team has been seamless and professional, and we are proud of the health outcomes this program is achieving at a time when food insecurity is affecting so many Australians."

- Emma Knights, Health Promotion & Wellbeing Officer



### A participant's experience

For years, Kim felt dependent on others and isolated from her community, held back by poor mobility and limited English. Simple, everyday tasks felt harder to manage alone, and cooking had become more of a chore than a source of joy. She signed up to NEST hoping to learn a few recipes and meet people. What she gained was much greater.

Since completing NEST, Kim cooks nourishing meals for herself, manages her day-to-day life more independently, and feels genuinely connected to the people around her. That's the power of NEST - it gives confidence, connection and community to those who need it most.





# NEST LINK PROGRAM DELIVERY

## Program investment:

**Initial start-up cost:**  
\$3,500 + GST

Includes:

- Facilitator training for four staff members
- Ability to deliver up to four programs per year.
- Hard copy of the NEST education kit including weekly activities and evaluation tools.
- 40 x participant toolkits including our Everyday Cookbook
- Access to ongoing program updates and support

**Ongoing annual membership:**  
\$1,500.00 + GST per additional year

## Flexible delivery, scalable impact

NEST Link partners have the flexibility to tailor the NEST program to meet the needs of their local community.

Commit to a minimum of four programs per year, with no cap on how many you can run. Simply order additional toolkits as your reach grows.

This model allows you to scale delivery based on local need while maintaining program quality and consistency.

## Evidence-based, impact driven

NEST is underpinned by a robust, peer-reviewed evaluation model. OzHarvest provides:

- Ready-to-use evaluation tools
- Annual impact reporting
- Bi-annual meetings to reflect, refine and share learnings

This ensures your organisation can clearly demonstrate outcomes to funders, stakeholders and the community.





## ARE YOU READY TO DELIVER NEST LINK?

Together, we can help more people build skills, confidence and positive food choices – wherever they live. We look forward to hearing from you.

Email: [nest.link@ozharvest.org](mailto:nest.link@ozharvest.org)

Website: [ozharvest.org/nest](http://ozharvest.org/nest)

