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You can also download the different sections of this guide as individual resources when you log in to your dashboard at bigaussiebarbie.com.au

You'll also find lots of images, social media posts and more to use on your on Facebook, Instagram and Twitter pages.



We're so glad you'll be joining us on the grill. Your barbie will raise money for research, nursing and support that can save the life of a man you love.

We've prepared this guide to help you raise as much as possible, and make your barbie the best ever.

We'd love to see what you're up to, so please share your photos and stories with us on social media. You can post your photos to our Facebook page, tag us on Twitter with @pcfa, and tag us in your Instagram stories and posts with @pcfa_oz.

Don't forget to use the hashtags #BigAussieBarbie, and **#pcfa** so we can like, share and retweet your posts!

We'll stay in touch as the Big Aussie Barbie approaches, and we're always here to help. Just give us a call, email us, or get in touch on our social media channels.

Thank you again for signing up to host a Big Aussie Barbie. With your support, we can be there for all Aussie men and families affected by prostate cancer.

Steve and the Big Aussie Barbie team 1800 22 00 99

bigaussiebarbie@pcfa.org.au

PCFA encourages everyone to promote healthy lifestyle choices. Tips for a healthy lifestyle include maintaining a healthy weight and following recommended guidelines for food and drink consumption.





Every 30 minutes, one of our fathers sons or brothers will hear the news he has prostate cancer.



1 in 6 Aussie men are likely to be diagnosed by age 85.



3,152 men die from prostate cancer each year.



16,700 more are expected to be given a diagnosis over the



"Most people don't realise how widespread prostate cancer is. So we've got to get blokes out there talking. We've got to get individuals contributing. We've got to get organisations getting involved, because we can make a difference. We can help plenty of blokes live longer lives."

TIM STOLLZNOW, PCFA STATE BOARD MEMBER (SA/NT),













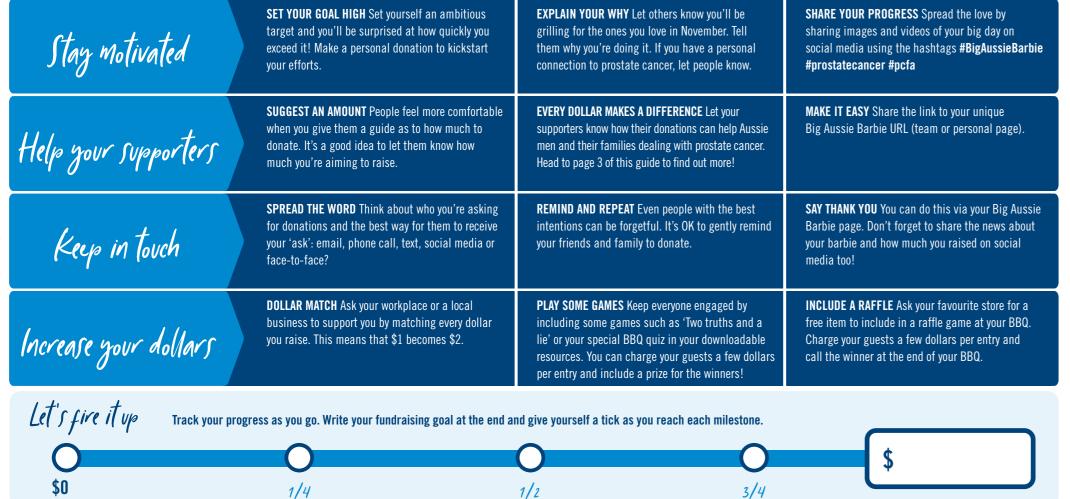


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The obvious	The more the merrier	Assign some helpers		
You!	Friends	Helper 1	Role	
Your partner	Neighbours	Helper 2	Role	
Your family	Workmates			
	School mates		Role	
	Gym buddies			
			Total	

Make sure you stay COVID safe

Your Big Aussie Barbie will need to adhere to social distancing rules, as well as the public and social gathering restrictions in your local area, state or territory.

For the latest COVID-19 advice, visit the Australian Government Department of Health website at **health.gov.au**

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1 tablespoon lime juice

Matt Hayden's Avocado and Mango Salad

1 teaspoon French mustard 1 teaspoon thickened cream

• Put all the dressing ingredients into a small screw-top jar,

cashews and bacon over the top.

• Pull the lettuce apart and wash and dry the leaves. Arrange the

lettuce, mangoes and avocado in a serving dish. Sprinkle the

and shake well to combine.

• Drizzle the dressing over the salad and serve immediately.

3 rashers bacon

2 mignonette lettuces

1/2 cup (65g) unsalted

roasted cashews.

roughly chopped

2 avocados, peeled and cubed

4x Rib-eve steaks (about

4 garlic cloves, chopped

1 sprig of rosemary leaves

stripped from stem 4 tablespoons olive oil

Salt and pepper to taste

• Marinate the steaks overnight in a glass or non-metal dish.

• Cook the steaks on a hot grill for about three minutes on each side.

• Once rested, serve with your favourite summer sides, tail to head

tt's going to be big



for nothing! But the big day doesn't need to be a big deal. By taking a few minutes to plan your barbie now, you can save yourself lots of stress later – which will give you more time to savour good food, close friendships, and conversations that can save a life.

Make sure you have everything you need for you and your guests to enjoy yourselves. This includes barbie basics such as tongs, cooking oil, cutlery, outdoor furniture and picnic

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We didn't call it the Big Aussie Barbie

blankets, plus all the good food you'll savour.

We'd love to see what you and your guests get up to at your Big Aussie Barbie! Post photos to our Facebook page, tag us on Twitter with **@pcfa**, and tag us in your Instagram stories and posts with **@pcfa_oz** using the hashtags #BigAussieBarbie #pcfa

Prepare as much food as you can before your guests arrive. Leave yourself enough time to pick up ice or set up your webcast if you're hosting your barbie online. And if you've got a gas barbie, don't forget to see if your tank needs a refill.

Create a schedule for the day below, so you know what you need to do and when.

SET UP:

GREET GUESTS:

SERVE DRINKS:

FIRE UP THE BARBIE:

SERVE FOOD:

SAY GOODBYE:

After the day

You did it! You hosted a brilliant Big Aussie Barbie and raised money for life-saving research, awareness and support programs. Don't forget to thank everyone who supported your Big Aussie Barbie. Head to your fundraising page to see who's donated, and send them an email or Facebook message to say thanks.

POST-BARBIE CHECKLIST

Thank supporters

Share photos on social media

Make one last ask for donations

Collect and bank cash donations

Tell everyone how much was raised

By hosting a Big Aussie Barbie, you'll help more Aussie men survive prostate cancer and make sure they and their families don't face their diagnosis alone. Thank you.

"When we were told Dad had prostate cancer. my whole family was effectively given a cancer diagnosis. You go through treatment and recovery together, just like team work in cricket, and it teaches you the importance of banding together to fight this dreadful disease.

My family understands first-hand the devastating effects of a prostate cancer diagnosis. I believe we need to get to the point where discussing health issues like prostate cancer is a normal part of our conversations with friends and family.

By hosting your very own Big Aussie Barbie, you'll help raise vital awareness and funds for Aussie men and families living with prostate cancer, and help protect the people you love. Thank you.'

Matt Havden AM • Cricket legend and Big Aussie Barbie ambassador

Ingredients

barbie recipes

12 King Prawns 50g Greek Yoghurt

12 Skewers 1 Red Chilli (deseeded) Coriander seeds, 1 teaspoon Fennel seeds, 1 teaspoon Cumin seeds, 1 teaspoon

2 sticks of lemon grass 1 bunch of coriander 3 limes 1 zested and juiced.

2 for wedges 150g desiccated coconut 3 cloves garlic

100 ml olive oil Sea Salt and Pepper (to taste)

Equipment

Grinder or spice mill Skewers (soaked in water)

• Peel and de-vein prawns in preparation for marination

• Grind coriander seeds, fennel seeds, and cumin seeds into a powder and add to a heavy based oil-less pan - toast until the mixture becomes fragrant

• Once fragrant, return powder to the spice mill to grind in with the pulp of 3 cloves of garlic, a teaspoon of fresh ginger and 2 sticks of lemon grass

· Add the mixture to a bowl and fold in yoghurt, along with chopped coriander, lime juice, lime zest, and chopped chili to form the marinade. Add in a bit of oil at a time to form a smooth paste and season to taste

Barbeque

• Marinate prawns for 10 minutes, before skewing the prawns from tail to head (making straight)

· Baste with excess marinade, and roll in desiccated coconut

 Grill on both sides for 2 to 3 minutes.

Matt Hayden's The Perfect Rib-eye 🚦

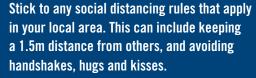
• Remove the steaks from the fridge at least an hour before cooking.

Once cooked to taste, set aside to rest.

(making straight)







- Make sure you comply with any restrictions that apply to physical gatherings, such as limits on the number of guests.
- Stock up on soap and hand sanitiser, so you and your guests can help themselves.
- Keep a record of everyone who attends and their contact details.
- Remind guests to stay home if they're feeling unwell, even if their symptoms are mild. They can still support you by making a donation.
- Check the latest rules at health.gov.au



Pump up the volume



- Make it a collaborative playlist so guests can add their favourite tracks.
- If you're grilling for a man you love, why not include some of his favourite songs in your playlist?



Theme your barbie

Step back in time. Go glam. Bring your favourite book, movie or TV show to life. Get creative!

- Can't decide? Create a poll that lets your friends and family make a donation and choose your theme!
- Work your theme into your invitations, menu, decorations and music.



Host a virtual barbie

- If local COVID-19 restrictions mean you can't invite people over — host your Big Aussie Barbie online instead!
- This is also a great way to invite extra guests to a face-to-face barbie than local restrictions allow.
- Lots of video conferencing apps allow you to host free webcasts, including Zoom, Google Meet, Facebook Messenger, Skype and FaceTime. Find the one that works best for you.
- Let everyone know what time the event starts, so you can jump online together. Kick off with drinks and snacks, or wait until everyone's ready to sit down for a meal together — the choice is yours!.
- If you're using Zoom, you'll find our free Big Aussie Barbie Zoom backgrounds in the fundraising downloads on your dashboard.





