

Who will run these courses?

This is a peer led programme.

Local women have been trained to deliver the course.

The HSE Community Dietitian will visit each group to answer any questions.

Interested?

If any community groups or individuals are interested in taking the Healthy Food Made Easy course, please contact:

Linda Scanlan

HFME Project Co-ordinator


Northside Partnership

01-8485630

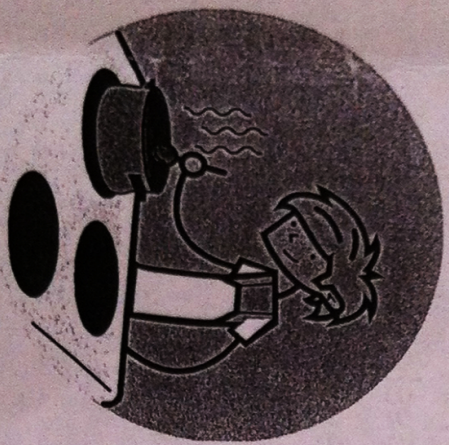


A healthy food and cooking course

 **northside
partnership**
a partnership of communities, state, employers,
trade unions and elected representatives

 **Féilhméannacht na Seirbhíse Sláinte**
Health Service Executive

- **The Healthy Food Made Easy** course is aimed at supporting people who are interested in healthier eating, particularly where cost is a consideration
- The main goal is to improve people's nutritional knowledge and cooking skills. This will help them to make healthier food choices for themselves and their families



- **How long is the course?**
The course will run over 6x 2 ½ hour sessions, some of which have a practical cookery element.
All sessions are designed to be practical and fun.

What topics are covered?

- Session1: Building a Food Pyramid
- Session2: Fibre Providers
- Session3: Focus on Fats
- Session4: Food for Life
- Session5: Shop Smart!
- Session6: The Road Ahead