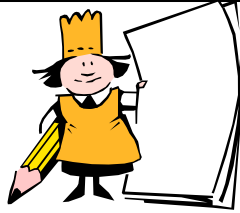


Interested?



If your group is interested in having a Food and Health course, please contact:

Edel Mc Callon/Yvonne Nugent

Food and Health Project

Athlone Community Taskforce, Ball Alley Lane,
Athlone, Co. Westmeath

09064 94555

foodandhealth@westcd.ie



*Or contact Cara Cunningham, Community
Dietician at 09064 71144 / 086 6012159*

This project is a joint initiative between
Westmeath Community Development, and the
HSE Dublin Mid-Leinster (Midlands).

Food and Health Project



HE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Are you interested in Healthy Eating?

Our programs are aimed at supporting people who are interested in healthy eating, particularly where cost is a consideration.

The courses include:

- a lot of practical cookery
- sensible suggestions and ideas
- tips for shopping on a budget
-

The main goal is to help improve people's access to good quality information that can be put into practice in everyday life.

Who will run these courses?

This is a community peer-led program - local people have been trained as Food and Health instructors across counties Longford and Westmeath .

Cost?

Course cost is €200, however if the group provides the ingredients the cost will be €100

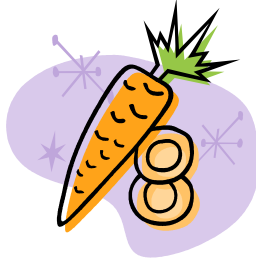
Groups need to provide a suitable place to host the sessions.

Healthy Food Made Easy

The course runs over 6 sessions each lasting 2 ½ hours. This can be organised as weekly sessions or in block, whichever suits your group best!!

Course Content:

Session 1:	Building a Food pyramid
Session 2:	The Fibre provider
Session 3:	Focus on fats
Session 4:	Food for Life
Session 5:	Shop Smart!
Session 6:	The Road ahead



Some of the sessions have a practical cookery element, but all sessions are designed to be practical and fun.

The community dietician will visit the group in session 5 to answer any queries which may arise during group discussions!

This course can be organised at a time that suits your group (day, afternoon or evenings).

Each participant will be awarded a certificate of attendance on session 6



