



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Clár um Bhia Sláintiúil agus an Maireachtáil Ghníomhach  
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Healthy Eating & Active Living Programme  
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Deputy Denise Mitchell,

Dail Eireann,

Leinster House,

Kildare Street,

Dublin 2

6th March 2019

**Re : PQ ref 11574/19**

**“To ask the Minister for Health the status of the implementation of the HSE cook it and healthy food made easy programmes in 2018 in terms of targets and attendances; and if he will make a statement on the matter.”**

**Denise Mitchell, TD**

Dear Deputy Mitchell,

- The target for people attending a HSE community cooking programme is 4,440 annually.

In 2018, 6285 people attended a HSE community based cooking programme.



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- The programme continues to target families and people from high risk, disadvantaged areas. Groups who have attended the course in 2018 include drug rehab groups, Traveller groups, and family resource centres.
- The Department of Education have facilitated the training of Post Primary School teachers to deliver Healthy Food Made Easy in schools. To date (21/3/19) 104 teachers have attended training with HSE Community Dietitians and Health Promotion Officers. This delivery of the programme in the post primary school setting provides a fantastic opportunity to engage young people in a conversation about nutrition and to get some hands on experience at cooking, particularly those who don't do home economics. Healthy Food Made Easy is an ideal experiential learning as a component of Junior Cycle Wellbeing.
- A further expansion of Healthy Food Made Easy in 2018 has happened within the Men's Shed movement. The programme has been incorporated into their "Shed's for Life" health project, and pending evaluation may up scaled nationally in the future. Since our Healthy Ireland surveys have found men fare badly compared to women in terms of certain nutrition targets, the partnership with Men's Shed's is a very welcome one.

Continued work on the organisational model and reach of the Healthy Food Made Easy programme is on-going in 2019.

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Margaret O'Neill

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