



A Community Based Nutrition and Cooking Programme

The aims of the Healthy Food Made Easy Course are;

- To encourage healthy eating,
- To improve our knowledge of nutrition when preparing our meals at home,
- To eat healthy meals on a budget

This is a 6 week course; 2- 2 ½ hour sessions per week

The course outline is as follows:

1. Building a food pyramid
2. The fibre providers
3. Focus on fats
4. Food for life
5. Shop smart!
6. The road ahead

There will be an opportunity for all participants to prepare, cook and eat healthy food in Sessions 2-6.

If you have any questions, or belong to a group that would like further information please contact:

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