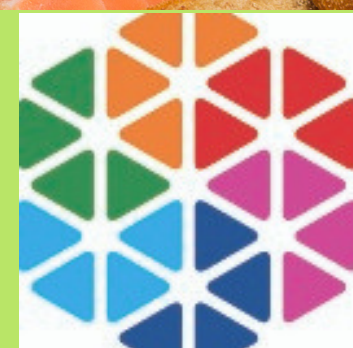




**HEALTHY
FOOD
MADE EASY**

**Healthy Food Made Easy is
a 6 session HSE
programme designed to
help people develop the
skills, knowledge and
confidence to eat well and
improve their health.**



This online community nutrition and cooking programme has been developed by HSE Dietitians. Local people have been trained to deliver the course in their community.

Sessions include group discussions, quizzes, activities and videos to support learning. Participants will be encouraged to shop for a chosen recipe and cook at the session each week.

Participants will need access to a tablet, laptop, smart phone or desktop and an internet connection.

THE COURSE WILL RUN OVER 6 WEEKS AND EACH SESSION LASTS ABOUT 1 HOUR 45 MINUTES.

THE TOPICS COVERED ARE :

SESSION 1 'BUILDING A FOOD PYRAMID' - 15th November 2021

SESSION 2 ' FIBRE PROVIDERS - 22nd November 2021

SESSION 3 ' ' FOCUS ON FATS ' - 29th November 2021

SESSION 4 ' FOOD FOR LIFE ' - 10th January 2022

SESSION 5 ' SHOP SMART ' - 17th January 2022

SESSION 6 ' THE ROAD AHEAD' - 24th January 2022

To book your place on the course, please contact Social Inclusion Unit, South Dublin County Council at socialinclusionunit@sdublincoco.ie

