

## Interested?

If your group is interested in any of our Food and Health courses, please contact the coordinator:

**Lisa Cashin**

087 7387611

[foodandhealth@laoispartnershp.ie](mailto:foodandhealth@laoispartnershp.ie)

Food and Health Project,  
Laois Partnership Company,  
Birchgrove Community Centre  
Birchgrove, Portlaoise, Co. Laois

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

**This project is a joint initiative between Laois Partnership Company and the HSE Dublin Mid-Leinster (Midlands).**

# Food & Health Project



## **Are you interested in Healthy Eating?**

Our programmes are aimed at educating people who are interested in healthy living and healthy eating.

## **What will I get from the courses?**

- Understand the food pyramid & the importance of nutrients
  - how to read food labels
- learn how to cook delicious, nutritious meals & snacks
  - tips for shopping on a budget

The aim is to equip individuals with the necessary nutritional knowledge to help you make more practical and wiser food choices.

## **Who can take part?**

Those over 16 years of age

Those who live in the Laois/Offaly area

Community groups (e.g. Parents' groups, youth groups, active retirement groups, Men's Shed)

Groups will need a suitable premises equipped with - cooker, fridge & running water

## Healthy Food Made Easy

The course runs over 6 sessions each lasting 2 ½ hours.

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

Some of the sessions have practical cookery element and are designed to be practical and fun.



## Heart Health

A follow on course to Healthy Food Made Easy. The course runs over 3 sessions each lasting 2 ½ hours.

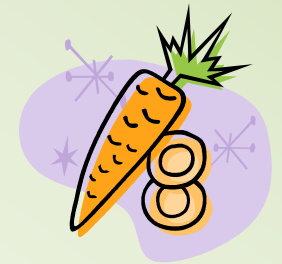
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|-------------------|-------------------|
| <b>Session 1:</b> | Nutrition         |
| <b>Session 2:</b> | Stress Management |
| <b>Session 3:</b> | Physical Activity |



## Cool Dude Food

A course for children aged 8 to 14 years old. The course runs over 5 sessions each lasting 2 ½ hours.

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|-------------------|---|
| <b>Session 1:</b> | The Healthy Food Pyramid                  |
| <b>Session 2:</b> | Fibre Facts Fabulous Fruit and Vegetables |
| <b>Session 3:</b> | Calcium for Bones and Teeth               |
| <b>Session 4:</b> | Protein & Iron for Growth                 |
| <b>Session 5:</b> | Fast, Healthy, Tasty Foods                |



## Able 2 Cook 4 Health

Able 2 Cook 4 Health is a modified version of Healthy Food Made Easy designed to meet the needs of people with low literacy skills and people with intellectual and learning disabilities.

- |                   |                             |                   |                              |
|-------------------|-----------------------------|-------------------|------------------------------|
| <b>Session 1:</b> | A Healthy Balanced Diet     | <b>Session 2:</b> | Lower Fats But Still Tasty   |
| <b>Session 3:</b> | Making Healthier Choices    | <b>Session 4:</b> | Fruit & Vegetables           |
| <b>Session 5:</b> | Quick, Tasty Healthy Snacks | <b>Session 6:</b> | Finishing Up Cooking Session |

