



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Food and Health

What is the Food and Health programme?

The project involves running a series of 6 week courses in local communities in Counties Laois and Offaly to help people learn about healthy eating and healthy cooking so that they can make positive changes to their eating habits and overall health.

The aims of the project are:

- To encourage healthy eating
- To improve the nutritional knowledge and eating behavior of participants and, therefore, their families
- To encourage participants to make healthy, nutritious and economical food choices for themselves and their families
- To reduce diet related illness from preventable diseases

This programme is a joint initiative between Laois Partnership and the Health Service Executive. Local people are recruited and receive training in nutrition and facilitation skills from experienced Food and Health Leaders and HSE Community Dietitians and then deliver courses.

If you are interested in becoming a tutor or having the course take place in your local community please contact:

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