

## **Healthy Food Made Easy Blanchardstown** **(<https://www.activelink.ie/node/28385>)**

**Aims/Objectives:** Health Food Made Easy ( HFME) is a national programme devised by the Health Promotion Unit of the Department of Health and Children, in conjunction with the Community Nutrition Service of the HSE. It is a peer-led 6 session programme, the aim of which is to improve nutritional knowledge, attitudes and behaviour even on a tight household budget.

Each 2 ½ hour session includes nutrition theory and a practical cookery element. The emphasis throughout the programme is on group learning rather than formal teaching. In 2008, HFME came to Blanchardstown, managed by the Blanchardstown Area Partnership over 200 courses have been delivered to the local community.

### **Who is the course for?**

Anyone 16 years and over, who wants to improve their health, save money and enjoy preparing and eating delicious food!

The course has been a huge success with groups from all over Dublin 15 taking part. Some of the groups who have enjoyed the HFME programme were The Evergreens and other active retirement groups, Youth Reach, Conai Club House, TOFA, Blanchardstown Traveller Development Group, Tolka River Project, Failte Isteach, parents groups, and courses for the general public.

### **Contact Info**

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<http://www.northsidepartnership.ie/health/healthy-food-made-easy/> (<http://www.northsidepartnership.ie/health/healthy-food-made-easy/>)

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