

# Healthy Food Made Easy (HFME) with Northside Partnership



# What is HFME?

- A 6 week course which aims to teach people about healthy eating and healthy cooking in a friendly, relaxed environment
- It is a peer led project
- It was set up to tackle the growing problem of diet related disease and obesity
- It is run as a joint project between the Northside Partnership and HSE Health Promotion Services

# The Programme

Session 1: A Fresh Look at Food



Session 2: Focus on Fat



Session 3: The Fibre Providers



Session 4: Family Food



Session 5: Sensible Shopping (with Dietician)



Session 6: Cooking for Health



# The Programme

- 2<sup>1/2</sup> hour sessions – theory & practical hands-on cooking
- Emphasis on group learning – discussion, worksheets, quizzes, problem solving etc.
- Week 5 – Visit from Dietitian
- Course (and recipies) can be tailored to meet specific needs of group eg. Teenagers
- Evaluation carried out following completion of HFME programme by both participants and peer-leader



# Peer-Led Programme

- One of the Key Elements of HFME is that it is peer-led: educating the community from within the community
- In late 2006 we trained 12 peer leaders
- They deliver courses within their own communities



# Progress to Date

The HFME Programme started in June 2006 and in the last two years we have:

- 38 courses run
- 390 participants enrolled
- 296 participants certified



# Groups Worked With

- Parents
- Schools (HSCL)
- Childminders
- Clients from Disability Services
- Rehabilitation Groups
- Traveller Women's Groups
- Youth Groups
- Older Women's Network

# For Futher Information...

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