

Public Health Dietitians Team



**Food &
Health
Essentials**

FREE

Training

For anyone who works with others to make healthier food and health choices

Learn about the key food and health messages

Gain skills and confidence to promote these key messages in YOUR setting

Get access to a wide range of resources, sign posting and ongoing support



This is now the first step to completing training in our other programmes: Cook It!, I Can Cook It!, Food Values, Making the Most of your Slow Cooker and Nutrition Awareness.

Upcoming training



**Wednesday
26 November 25**



**NICVA
61 Duncairn Gardens
Belfast**



9.30am – 4.30pm

Click [here](mailto:PHdietitians@belfasttrust.hscni.net) to register for this training



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Click here for
information on all
our programmes



**Belfast Health and
Social Care Trust**
caring supporting improving together



**Public Health
Dietitian's Group**
Northern Ireland



**Public Health
Agency**
Project supported by the PHA