

Friday, 18 October 2019

[Health and Social Wellbeing Improvement](#)

**Cook it!**  
fun, fast food for less



**Community nutrition education  
programme**



*Cook it!* is a nutrition programme that has been developed for use in local communities in Northern Ireland. It can be used with a wide range of groups including young/single parents, young people leaving residential care, offenders during rehabilitation programmes, older people in sheltered accommodation and now people from certain black and minority ethnic (BME) groups.

The programme offers hands-on, practical experience of cooking and preparing food, as well as improving knowledge of healthy eating and food safety.

A section on ethnic minority recipes and resource sheets will allow locally-based *Cook it!* teams and tutors to respond to the needs of ethnic minority groups within their areas. This will help increase social interaction within and between ethnic groups, help reduce isolation, promote integration and improve health and wellbeing.

This manual is only available through the *Cook it!* programme. For information on enrolling in a local programme or on training as a *Cook it!* tutor, contact the

community dietitians in your local Health and Social Care Trust.

## **Details**

Format

360 A4 pages, training manual, ring bound file

Target group

Cook it! tutors

[Print](#)