

Are you looking for support, resources, funding or training to take forward food, cooking or nutrition activities?

Do you work with families with young children?

- 'Setting the Table' is the national nutritional guidance and food standards for Early Learning and Childcare practitioners. This training supports implementation and provides practical advice on how to embed the nutritional and food standards into practice.
- Learn how to facilitate your own Make and Taste sessions, to help engage parents and young children through using food preparation activities.
- Support families with babies by learning how to run practical Starting Solids sessions as well as incorporating other key nutritional messages.

Funding / Small Grants

We can provide small grants to support the development of food work.

Resources / Website

We have a range of nutrition resources available – leaflets, posters, games and recipes and download resources from our website

www.nhsforthvalley.com/nutrition

Do you work with people who may find it difficult to engage well with food and health messages?

'Mini Steps to Better Nutrition' can help you engage with individuals and groups in a step by step process, to support them through a number of dietary changes at their pace, with achievable 'mini steps'.

It's more than nutrition...

Food activities get people involved and can lead to further learning and employability opportunities. We run food and health training including a range of REHIS accredited courses.

Do you want to be able to give participants a cooking qualification?

We can support organisations who want to run their own practical cooking groups and / or train to become a REHIS course presenter / assessor for **REHIS Elementary Cooking Skills Course**.

Participants are assessed during the course which covers:

1. Use safe and hygienic practices
2. Understand and follow a recipe
3. Use a range of food preparation techniques
4. Use a range of cooking methods



To help you set up practical cookery groups, we can offer a range of support including mentoring, funding & the **REHIS 'How to Run a Cooking Group' course**.

This course covers session planning, risk management, resources and equipment, outcomes and evaluation, funding, hands on cooking and how to assess and potentially deliver accredited cooking skills courses.



Need to know more about nutrition to help people you work with?

We offer the REHIS Elementary Food & Health (Nutrition) course.

This is useful for staff, volunteers and community workers who are delivering food activities to others.

This course covers the functions of different foods, energy requirements for different people, how to read and understand food labels and why it can be difficult to make healthy food choices.

Trainers/course presenters have to register and satisfy REHIS that they have the qualifications and skills required to deliver.



Find out more or contact us

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www.nhsforthvalley.com/nutrition



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