

Health Improvement Dietitians Team Community Nutrition Education training schedule



15th January
2025
9.30am-4pm

Nutrition
Awareness

Please email for
further
information

Get in touch if you want online training

Food Values

Shop Smart, Spend Less, Eat V

4th March
2025
9.30am-4pm

Cook it!
fun, fast food for less

22nd January
2025
9.30am-4pm

Free
Slow
Cooker!

ONLINE

Making the most of
your slow cooker



11th March
2025
10am-12 noon

I can
Cook it!
fun, fast food for less

5th March
2025
9.30am-4pm



cookit@northerntrust.hscni.net : 028 2563 5276

To apply:
[Click Here](#)

SCAN ME



Closing date to apply is 3 weeks before each training or when course reaches capacity