

Monday, 27 January 2020

[Health and Social Wellbeing Improvement](#)

I can
Cook it!
fun, fast food for less



Community nutrition education programme – accessible version

This training manual was developed to support *I can Cook it!* facilitators delivering the *I can Cook it!* training programme and has been updated with information on the *Eatwell Guide*.

The manual contains information needed to deliver *I can Cook it!* programmes in the community, including background information on healthy eating, information about dealing with special dietary requirements, session outlines, resources for photocopying and 24 easy recipes for snacks and meals.

For information on training as an *I can Cook it!* facilitator, contact the health promotion service in your local Health and Social Care Trust.

The manual is accompanied by A1 posters for each recipe and a pictorial recipe book for participants.

Details

Format

186 A4 pages, training manual, ring bound file

Target group

I can Cook it! tutors

Tags

- [learning disabilities](#)

[Print](#)