

Eating well is vital for development, good health and learning. In today's society we get lots of conflicting messages about what is healthy which can be very confusing.

Our evidence based training courses aim to support staff and volunteers working with Tameside families to provide clear and consistent messages around food and healthy eating.



We want to work together to support healthier Tameside families.

To book a place on our free training, or for further information, email us at [childrensnutrition@tgh.nhs.uk](mailto:childrensnutrition@tgh.nhs.uk)

