



FOOD & NUTRITION FOR FOSTER CARERS

Training and support session for foster carers within Tameside.

This session is suitable for anyone wanting to learn more about healthy nutrition, promote basic healthy eating messages and discover current guidance.

What does the session cover?

The model for healthy eating

Fats, salt and sugar – implications and healthier alternatives

Food Labels – how to decipher the information and make healthier choices



Sign up to our Food4life—Cared for Children's Award. For more information speak to the team



For more information please contact the Children's Nutrition Team

on 0161 366 3900/2351 or email us at childrensnutrition@tgh.nhs.uk

Check out the following for more advice and information
www.tameside.gov.uk/healthyeatingandnutrition/kids



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