

# Healthy Food Made Easy Tutor Training

**November 6th & 13th**

**9am - 4.30pm**

Enniscorthy, Co. Wexford (Venue TBC)

Health & Wellbeing Division are seeking Tutors to deliver "Healthy Food Made Easy (HFME)" courses in the South East (CHO5)

HFME is a six week nutrition education and cooking programme which provides practical information on healthy eating and improves cooking skills by showing participants ways to provide healthy, nutritious, low cost meals and snacks.

The Tutor Training is 2 days in Enniscorthy which aims to provide an overview of the HFME Programme and includes facilitation skills and practical information on the delivery of the programme. A HFME resource pack will be provided to all participants on completion of the training.

**To apply please email:**

[southeastHFME@hse.ie](mailto:southeastHFME@hse.ie)

**Closing date for applications: 14th October  
2024**

