

Cook it!

fun, fast food for less



The Northern Trust Cook it! Team offers practical nutrition programmes, suitable for a wide range of statutory, voluntary and community groups, delivered by trained Tutors.

Would you like to become a Tutor to deliver a Cook It! Programme?



Cook It! Programme - A six session evidence based practical nutrition programme, designed to support individuals within local communities to enhance their cooking skills and learn about eating a healthy balanced diet on a limited budget. Click on link for further information [Cook It! Course Information Sheet 2016.pdf](#)

Food Values Programme - A four session budgeting programme that aims to make healthier food choices more accessible within a limited budget. Click link for further information [Food Values Course Information Sheet 2016.pdf](#)



I Can Cook It! Programme - An eight session programme for those with a mild to moderate learning disability. The programme aims to increase participant's knowledge in nutrition and food hygiene, enhance cooking skills and motivate change in healthy eating habits. Click link for further information [I Can Cook it! Course Information Sheet 2016.pdf](#)

Cook it! Tutor training courses are currently being delivered throughout the Northern Trust area, for more information please contact

Cook it! Team

Braid Valley Hospital, Cushendall Road, Ballymena, BT43 6HL

Tel: 028 2563 5276

Email: cookit@northerntrust.hscni.net