

Action Plan

What barriers do you need to address in your service in order to involve people with learning disabilities in choosing, buying and cooking food more?

What ideas do you have to address these barriers?

Action Plan

What things are you going to do in order to support people with learning disabilities to be more involved in food choosing, buying and cooking.

1.

2.

3.

4.

5.

Resources

Local Cooking/Catering Projects for People with Learning disabilities.

Come dine with me from Care Management Group

A project that people with learning disabilities can join if they would like to cook for others and meet new people.

Contact Michael.Fullerton@cmg.co.uk or 07979694674

Feast based at Buckingham Road.



Photo recipes www.worldfoodproject.org.uk



Information on local food projects, growing food, recipes, cooking courses at Brighton and Hove Food Partnership at

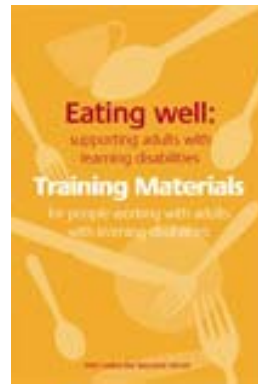
www.bhfood.org.uk

And Harvest at www.harvest-bh.org.uk



Resources

Healthy Eating Information at Caroline Walker Trust www.cwt.org.uk



Food Standards Agency healthy eating website www.eatwell.gov.uk



Food Project training people with learning disabilities and their support workers by the Scottish Nutrition and Diet Resources Initiative

<http://www.gcu.ac.uk/sndri/index.html>

