

Eating positively : free cookery and nutrition cllasses for people living with HIV / The Food Chain.

Contributors

Food Chain (Organization)

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eating positively



FREE
Cookery and Nutrition Classes
for people living with HIV

Are you interested in learning to cook and eat well?

Then The Food Chain's Eating Positively Cookery and Nutrition classes are for you! The classes are free to attend, and are available to anyone living with HIV in London.

Carers looking after people living with HIV in London can also attend.

About The Food Chain

The Food Chain is a registered charity that for 20 years has provided a range of nutrition services to people living with HIV, including home delivered meals and groceries for people who are house-bound.

The Food Chain now has a new service - *Eating Positively Cookery and Nutrition classes* where you can learn how to use nutrition to stay healthy.

Why is nutrition important for people living with HIV?

Good nutrition is important when you are living with HIV to help support your immune system and keep you healthy.

Eating Positively Classes

An introduction to nutrition and HIV

- *Learn how what you eat can help you stay healthy
- *Watch our professional chef demonstrate how to cook a delicious healthy meal
- *Join us to eat it!

Food life skills session

Learn:

- *How to plan your meals and budget for food
- *The importance of good kitchen hygiene and food safety

Cookery Club

- *Learn basic food preparation skills
- *Learn cookery skills from our chef
- *Cook quick, easy and nutritious recipes!

You must attend

An introduction to nutrition and HIV

before you can attend the other sessions

How do I sign up for Eating Positively classes?

To sign up for Eating Positively classes simply fill out this form on each side, then send it to the Freepost address on the reverse side - you don't need to use a stamp.

Please ask your doctor, nurse, dietitian, social worker or HIV organisation to complete and sign this section:

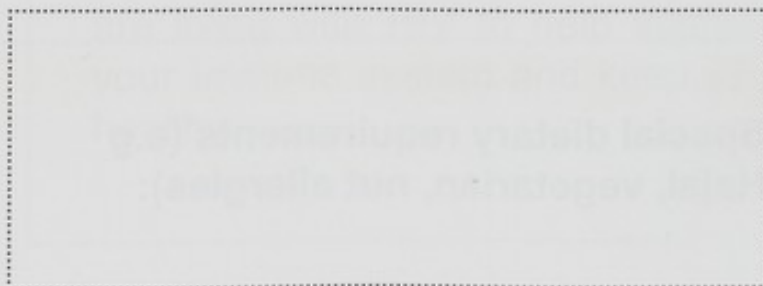
Referring Organisation:

Referrer's name:

Referrer's contact telephone no:

Date:

Organisation's stamp or referrer's signature:



**YES I am interested in coming along
to Eating Positively Classes:**

Don't forget to get your doctor, nurse,
dietitian, social worker or HIV organisation
to sign and stamp the back of this page.

Please send me more details by:

Post

Email

Telephone

Your Details:

Name:

Address:

Telephone:

Email:

Where did you pick up this leaflet?

.....

**Special dietary requirements (e.g
Halal, vegetarian, nut allergies):**

.....

Please return your form to:

Freepost RRBT-KATU-JTAH
The Food Chain
Unit 4
Canonbury Business Centre
190a New North Road
London
N1 7BJ

For more information on Eating Positively or
The Food Chain's other services please
contact us:

Tel: 020 7354 0333

Email: info@foodchain.org.uk

www.foodchain.org.uk



the food chain