



## Become a Certified Local Food Champion!

Start your own cookery group in your area.  
Let's make a difference!



Contact us if interested.  
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## Who is a Food Champion?

### Anyone who:

- Has completed or willing to complete the REHIS elementary food hygiene course
- Has completed or willing to complete the NHSG confidence to cook (C2C) Train the trainer (TTT) programme
- Demonstrates a commitment to deliver and promote positive food messages within their locality

### WHAT?

- Develop food skills, confidence and knowledge of food and health
- Increase access to affordable healthy foods
- Build capacity to support food activities within the community

### WHY?

- Need within the community
- Workforce development
- To have a network of people trained to deliver food related activities within local areas
- To strengthen sustainable food practices

### WHERE?

Central locality | South locality  
North locality | City wide

### What you'll get:

- Free training
- Certificate
- Training materials to deliver cooking sessions
- Access to start off funding to deliver sessions