

NEW!

Training materials for all those who want to support adults with learning disabilities to eat well

With practical guidance about the sorts of food and drinks that can be served to ensure that everyone has healthy, nutritious and enjoyable meals and snacks.

A4 book, 150 pages plus CD-ROM

ISBN 978-1-89-7820261: Book and CD-ROM

ISBN 978-1-89-7820285: CD-ROM only

Who are the training materials for?

Health and social care professionals, carers, supporters, advocates, family members, and friends of adults with learning disabilities supporting people in settings where they live, work, learn or socialise.

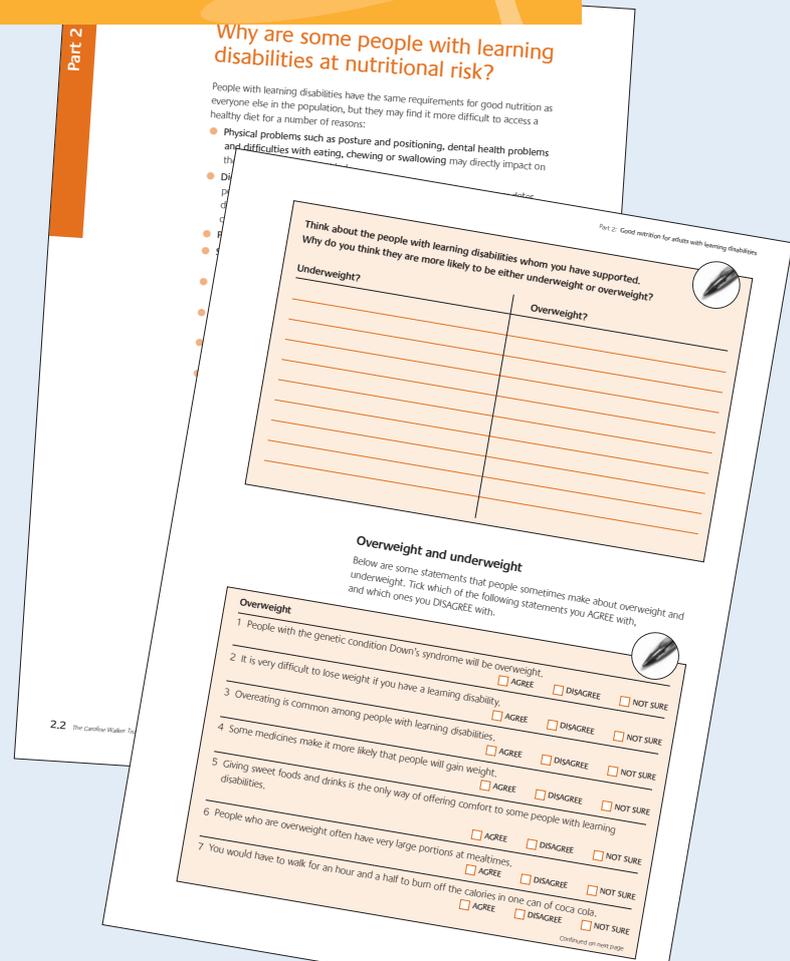
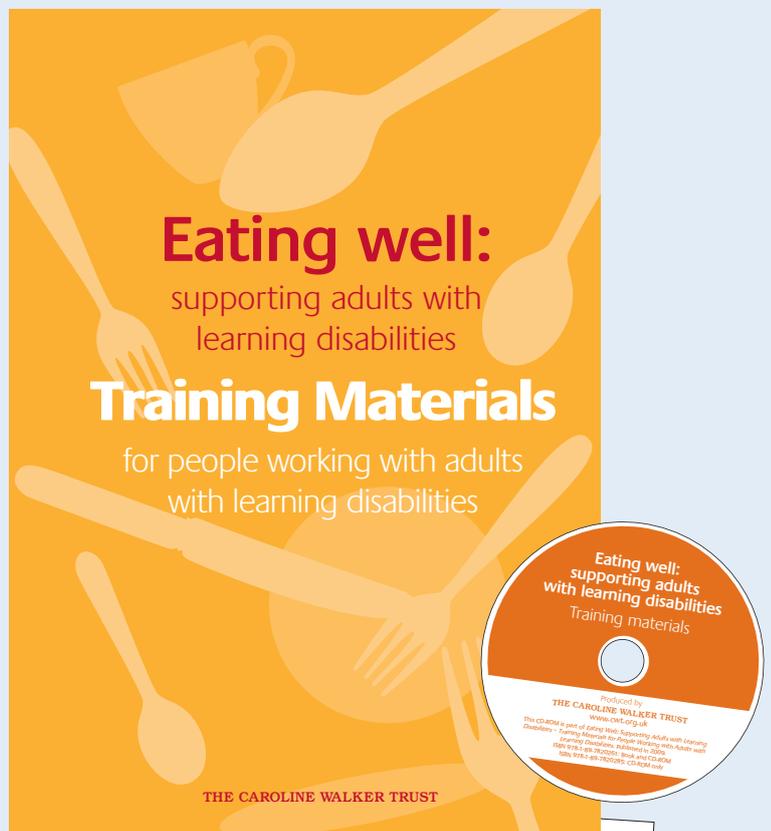
What's in them?

The training materials look at:

- why eating well matters
- good nutrition for adults with learning disabilities
- eating well throughout the day
- managing eating difficulties
- encouraging eating well, and
- menu planning.

The accompanying **CD-ROM** contains:

- over 200 food photos showing example meals, snacks and food portions, and
- a selection of over 100 easy-to-make recipes.



How to order

Please order from our website www.cwt.org.uk, or call our order helpline on **01923 445374**.

Training materials with CD-ROM – only **£15** including postage and packing.

The Caroline Walker Trust is a not-for-profit registered charity which aims to improve public health through good food by distributing quality resources about good nutrition. Find out more about our work at www.cwt.org.uk

THE CAROLINE WALKER TRUST