



A free training event to help you find, buy and serve food that's good for your business, your customers and the environment.

**BUY IT, COOK
IT, EAT IT:**

**GOOD FOOD
FOR CAMDEN**

Do you work in the borough of Camden? Are you responsible for buying or serving food in your organisation? Do you want to know how and where you can buy quality, healthy, value for money food in Camden and the surrounding area... that's good for the health of your staff, your customers and the environment? But can't exceed your existing food or catering budget?

Then this free training event on Monday 16th March in Euston is for you!

As part of a programme of work called 'Good Food for Camden', NHS Camden, Camden Council and Sustain are running a bespoke training event for food businesses, community food initiatives and healthcare or school catering staff to help them find and make the most of seasonal, local, healthy produce.

The day will be split into two introductory sessions covering basic 'healthy eating', and the principles of sustainable food.

A delicious, seasonal lunch will be served, and you'll leave with a list of useful contacts and suppliers and an understanding of how your own workplace can help improve the health of Camden's workers, residents and environment.

NB: If you don't have full kitchen facilities or buy your food in ready prepared, this event will still be of great use to you.

Please feel free to forward this invitation to anyone you know who has responsibility for buying and serving food in their place of work in Camden - be it a school, shop, restaurant, community centre, private business or hospital.

We've kept the class sizes small so you and your staff can get the most from our time- but this does mean we'll have to allocate places on a first-come, first-served basis.

Please send:

- the names of the people that would like to attend
- organisation name/s
- job title/s
- email address/es
- and telephone numbers

to camdenfood@sustainweb.org by Friday 6th March.

If you have any queries please call Rosie or Anna at Sustain 0207 837 1228.

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