

Who is a Food Champion?

A Food Champion will be a person, volunteer or staff within non-voluntary or voluntary organisation i.e. community groups, charity etc., who has interest in good nutrition and will act as focal point in their organization or community to encourage good nutritional practices. As a Food Champion you will be committed to the Aberdeen City Food Champions programme.

You will take the lead in promoting key nutrition messages and practical food skills to colleagues, patients /residents, family and community members in your organisation or group. Training and ongoing support from Aberdeen Community Food Network will be available to all Food Champions to help undertake their role.

Participating organisations

There are currently 40 registered champions. To see list of participating champions and those active by locality click link here-

What is your commitment?

The Food Champions will need to complete the mandatory trainings, start food based projects in their locality, deliver a minimum of two blocks of 6 weeks healthy C2C sessions and attend Food champions 'Connect' meetings.

The Champions should be enthusiastic, committed, have good cooking skills, the ability to promote good nutrition messages and passionate about delivering healthy food practices including cooking healthy on a budget

To find out more about the programme, read the evaluation report here [Food Champions Evaluation Report 2023.pdf](#) The report was produced at the end of year one of the programme. It looked at the challenges behind and ahead of the programme. A follow up report was produced at year end 2023 Food champions connect event- [Food Champions-Connect! December 2023- report.docx](#)

Could I be a Food Champion?

Are you passionate and enthusiastic about food and in particular healthy diet?

Do you have good cooking skills?

Are you in position to bring about change in your organisation or community group in Aberdeen?

Are you confident and would like to improve your confidence by teaching others how to cook healthy meals?

If the answer is 'yes' then you can become a Food Champion

If you are interested in becoming a Food Champion or would like to nominate a staff member then please register here- [Nominate a Food Champion](#)

For further details email- healthimprovement@aberdeencity.gov.uk

Food Champions training information

We offer a training programme for all registered champions only. The training process involves;

Step 1- REHIS accredited elementary food hygiene beginners (online)

Duration- It really depends on how quickly you read through the information online as to how quickly you get through the course but as a guide it will probably take around 4 hours.

The advantage of the online course is that you do not need to go through all the coursework in one sitting you can dip in and out of it as and when you are free.

How to access the course - To log onto the course, an access code will be sent to you via email, please follow the instructions using your online code to access the course work and handbook as a point of reference,

Food hygiene certificate- once you have completed the online coursework you will receive a certificate to say you have completed the course,

Test- A multiple choice test will be arranged with our trainer, and this takes around 30 minutes to complete. Please contact us if you need further details.

Day 1: REHIS accredited Elementary Food and Health Course: This course explores the relationship between food, and its influence on our health and wellbeing . It covers the following topics;

- Introduction to food and health
- Food and Nutrients
- Energy and energy balance
- Influences on food intake
- Eating for health- Food and wellbeing
- Food Labelling
- Action planning, revision and exam

Day 2: NHSG Train the trainer- Confidence to cook (Practical skills) which covers the following topics;

- Introduction to running a cooking group
- Planning a cooking group
- Delivering a cooking group
- Evaluations and assessment
- Verifiable resources
- Course assessment and evaluation
- There is a short practical element to this course where participants are required to cook

In addition to these courses you are required to have completed the REHIS elementary Food Hygiene course (online)

For booking information, please click link here- [Book a Course](#)

Current cooking sessions throughout the city-

1. [CAIRNCRY adult cooking with confidence-](#)
2. Cooking with Dorothy- Greyhope comm centre
3. St Fitticks family Torry
4. Saturday kitchen- Northfield



A resource pack to support trainers in the delivery of practical foodskill sessions