


Walk for Health and the  
Community Foodworkers  
have joined forces to launch:

## **Walk and Taste** Liverpool

Come and help prepare a  
healthy meal, go on a short  
healthy walk, then eat  
a healthy lunch!



**Calderstones Park**  
**10.00am - 12noon**  
**Every Thursday**



**You don't need to book a place, turn up on the day and help prepare some healthy food to eat when you've completed the walk.**

**Don't forget to wear comfortable footwear and clothes for the walk. Places are limited for the cooking session, please arrive early.**

### **What happens at the Community Foodworker's sessions?**

The Food Workers' programme raises awareness of the link between diet and health by promoting the balance of good health.

### **We can help you improve your cooking by offering:**

- Information about healthy diets.
- Practical cooking sessions.
- An opportunity to taste new foods and recipes.
- Information on how to make recipes healthier.
- Sessions on how to eat healthily on a limited budget.
- Information on general health e.g. 5-A-Day.

### **For more information contact:**

- Walk for Health: (0151) 293 1900
- The Community Foodworkers: (0151) 280 7512



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*Active City...*