

Healthy lifestyles Day – Feedback

29 March 2011

“Very informative – learned new things and reminded me of relevant information I already knew. Very useful.”

“Visiting the agency stands was very informative. Two (Brook Centre and Families Information Service) were very relevant to current work”

This was a very good ‘refresher’ in some aspects and a reinforcement of how important nutrition and dental care are at the earliest stage of a child’s life.”

“Very useful. Learnt lots of good tips. Great lunch, good fun making it!”

“Very good. Amazed at some of the information regarding acidity and the different milks. It will benefit my own family and the family I visit.”

“Excellent presentation. Very informative, useful and to the point information and enjoyed the practical at the end.”

“Brilliant morning – learnt a lot more than I expected to! (about portion sizes/skimmed milk, etc). Lovely healthy lunch too – thank you.”

“A very informative session, not just for my own family but also for the family I am volunteering for. Really enjoyed cooking together a lovely healthy lunch.”

“Informative a lot and enjoyed lunch – very healthy.”

“Very interesting, simple, practical and healthy dishes. Cheap too!”

“Very useful information especially about the milk, and was involved in making lunch and how best to care for my teeth.”