

Your voice

Family food event was fun

A MAJOR priority for Trafford's Health and Wellbeing Board is tackling childhood obesity so it was wonderful to witness the healthy eating, cook and eat barbecue session which took place on Sunday in the beautiful setting of Victoria Park, Stretford.

The event was hosted by Friends of Victoria Park in conjunction with Trafford College.

A college cookery teacher demonstrated all the steps to preparing fresh beef burgers and a whole range of vegetables as families prepared their own meal at individual workstations.

The event, funded by the council and Trafford Housing Trust, is one of a number of projects to promote healthy eating and physical exercise amongst primary school children.

Everyone had fun preparing and eating the wholesome food.

The event showed that eating fresh food is not

only better for you but preparing it can be very enjoyable too.

**CLLR DR KAREN BARCLAY
EXECUTIVE MEMBER
FOR COMMUNITY
HEALTH AND
WELLBEING
COUNCILLOR FOR
BOWDON WARD**