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Dear

'EAT WELL STAY WELL' PROJECT AND SEMINAR

You may or may not be aware of the 'Eat Well Stay Well' project that we have been running over the last few months, aimed at raising awareness of food safety and nutrition among the elderly. Firstly, many thanks to those of you who have already participated in events, or distributed publicity on our behalf. To those of you who have not been involved in the project, it is being run by Chelmsford Borough Council's Environmental Services Department, funded by a grant from the Food Standards Agency, and supported by the Mid Essex PCT and Healthy Living Solutions.

Older people are considered to be a vulnerable group in relation to both food safety and nutrition - the effects of food poisoning are more severe, and they have specific nutritional requirements, of which many are unaware. So the aims of 'Eat Well Stay Well' are to improve food safety and healthy eating among the elderly, by distributing 'key messages' direct to them, and by enlisting the support of professionals and volunteers who come into contact with them in their own homes.

I enclose an invitation to a seminar, to be held on Thursday 15th February 2007, which will be the culmination of our project. It is intended for professionals and volunteers who provide meals for the elderly, or who work with the elderly, and may be in a position to continue promoting our key messages. Speakers and exhibitors will be available to provide information on food safety, nutrition, and related topics such as osteoporosis, keeping hydrated, and keeping active.

I do hope you will be able to attend. If you have any queries, please contact myself, or Christine.

Yours truly,

Sue Reed
Environmental Health Officer