



Eat Well Age Well is a new national project tackling malnutrition in older people living at home in Scotland.

Eat Well Age Well is brought to you by award winning Scottish Charity Food Train and is funded by Big Lottery.

Our mission is to contribute to the prevention, detection and treatment of malnutrition and dehydration among older adults living at home in Scotland.

In the autumn of 2018 we are launching our grants programme. It will be open to individuals, voluntary projects, charities and other organisations, with the desire to reduce malnutrition and loneliness in their communities.

We'll be open for submissions in Oct 2018 and more info is on our website www.eatwellagewell.org.uk

We will be holding an information event about the grants in the Tannahill Centre, 76 Blackstoun Rd, on 19 September from 11:00am to 1:00pm

In the meantime we've made a short video. Watch the video here: <https://www.youtube.com/watch?v=LW8wRrawUEE&feature=youtu.be>