

Eating well for less

Free local workshops



Come
along!

Healthy eating
doesn't have to
be expensive
- and can be
delicious!

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

Venue:

Date:

Contact: