

# Eating well for less

## Free workshop



Join  
US

**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

Event details:

Blank area for event details.