

HENRY WORKSHOP FOR DADS

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:

Oakwood School Pelsall
Lane Campus
Walsall WS4 1NG

Date:

26th June 10-12pm

Contact:

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