

Eat Smart Save Better

IDEAS ON HOW TO EAT WELL & SAVE MONEY

A fun one hour session (10 locations) exploring ways to eat healthily, use store cupboard ingredients and share tips for saving money when food shopping.

'I was amazed at how much food was in the shopping bag, I thought it would have cost a lot more'

'The recipes out of the recipe book are really easy, so it encouraged me to keep cooking out of it'

'I found the session very helpful, I have made the pasta bake and the fruit crumble the children really enjoyed them'

Includes -

A FREE nutritious shopping bag to take home with groceries worth £14.78* at the end of the session

A FREE recipe book and pictorial guide



LIMITED SPACES AVAILABLE

To book, scan the QR code or contact Health Protection on 01597826484

