

Food Values

Shop Smart. Spend Less. Eat Well

4 Week Food Values Course Budgeting for Better Nutrition

Session 1 Shopping Savvy

Session 2 Preparing to Shop

Session 3 The Cost of Convenience

Session 4 Look Before You Buy

Confirmation off programmes:

Food Values	Ashton Family Support	Tuesday	17 th September 24 th September 1 st October 8 th October	9.45 -11.45	Sonya Debra
Top Tips 2 Destress	Ashton Family Support	Tuesday	15 th October 22 nd October	9.45 -11.45	Sonya Debra

If interested contact Kris, Eileen or Nadine at Ashton on 90742255