



Healthy Eating on a Budget

A course for parents and carers to help you find out what a balanced diet should look like. You will have the opportunity to:

- ◆ Learn about the different food groups and their importance to a healthy diet.
- ◆ Gather ideas about eating healthily on a budget
- ◆ Enjoy preparing food that you can take away to share with your family

The course is free*

Enrolment / Coffee morning	Friday 6 May 2022 at 10am
Course starts:	Friday 13 May 2022
Time:	9am to 11am
Course ends:	Friday 17 June 2022



For more information about the course please contact Mrs Khan, your Family Support Worker, at the school.

Please call 01582-280652 or 07485369400 or email mkhan@windmillhillschool.org.uk

**subject to presentation of ID at the first session to prove eligibility. For more details please ask your Family Support Worker*