

# 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:**

How to Apply:  
<https://blackburn.gov.uk>  
Search: Parenting  
Programmes

**Date:**

CLICK –Programmes  
available in Children  
centres

**Contact:**

CLICK-Apply for parenting  
programme