



**healthy eating
on a budget**

- » Guide to healthy eating & cooking
- » Label reading and selection & cooking
- » Budgeting, meal planning & cooking
- » Lunchboxes and snacks
- » Food safety

Thursdays 11am – 1.30 pm
4 week program running
from 1-22 June 2017

South Lake Ottey Family Centre
2A South Lake Drive, South Lake

**Creche and travel available.* LIMITED SPACES,
BOOKINGS ESSENTIAL!**

* Transport for those located within Cockburn only, byo child seat