

## Healthy NOSH for Less Dosh

Cooking healthy food on a budget can be a difficult juggling act between economics and nutrition, but good food needn't cost the earth.

This session will focus on menu planning for one and healthy eating on a budget.

### You will discover:

- How to be a savvy shopper
- Ideas for cost effective, nutritious, tasty meals
- Key ingredients to make your food go further for less
- Shopping, cooking and storing ideas to make the most of your food
- Using leftovers



*contact us to find out more:*

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