



Improve your health as well as your grocery budget!

Food Cents offers a smarter way to spend money on food and to balance your diet and food budget. Learn how to read labels, understand unit pricing, and how to shop smart for healthy food.

When: Friday 20th October

Where: Kurrajong Room 2
Ribbonwood Centre
Princes Hwy Dapto

Time: 9:30am—1.30pm

Cost: **Free! ***

- ◆ The Healthy Eating/Healthy Spending pyramid
- ◆ The Australian Healthy Eating Guidelines
- ◆ Make sense of food labels
- ◆ Supermarket tour

Every attendee
receives a
supermarket gift
voucher!!!



Morning Tea and Lunch provided

*This course is free for Social Housing Tenants (renting through Housing NSW, Housing Trust, Southern Cross Housing or AHO) and Applicants on the social housing waiting list

To RSVP or for further information please contact **Donna** on **4256 4377** or

donna@illawarraforum.org.au before **13th October 2017**