



Every attendee receives a supermarket gift voucher!

IMPROVE YOUR HEALTH AS WELL AS YOUR 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: Wednesday 28 March 2018
Where: Bateman's Bay Soldiers Club
Time: 10am - 2.00pm
Cost: Free! *

- The Healthy Eating/Healthy Spending pyramid
- The Australian Healthy Eating Guidelines
- Make sense of food labels
- We will walk to Coles for a supermarket tour



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

To RSVP or for further information please contact Donna on 02 4256 4377, dbrotherson@cigroup.org.au or Jess on 4421 5145, jess@scch.org.au before 20 March 2018.



SOUTHERN CROSS HOUSING

