

EAT WELL ON A BUDGET

At this fun and practical 2 hour workshop presented by Home Economist, Professional Organiser Louise D'Allura you'll discover:

- How to meal plan
- How to map out your food budget and make the most of your food dollar
- Simple tips to help you with shopping and cooking on a budget.



When: Saturday, 3 February 2018
1pm - 3pm

Where: Logan North Library
Corner Sports Drive and Springwood Road,
Underwood

Cost: FREE! - Book online at
www.MealPlanningYourWay.com/events

Bring: Notebook, pen and water

Contact: Louise D'Allura on 0408 723 559

Register online for this free event:
www.MealPlanningYourWay.com/events



inspiring a healthy community

