

HEALTHY EATING

Join us for 4 weeks on Mondays at
10.30am – 11.30am
at
Osmaston Allenton Children's Centre
Starting
15 January – 5 February 2018

This groups looks at how to:

- Cook healthy meals on a budget
- Make healthier shopping choices
- Develop New Skills
- Develop Confidence with food!



Please register your interest with reception.

Please note: To support Children's Centre resources, a £1.00 donation per family for each activity would be appreciated



HEALTHY EATING

Join us every Monday at
10.30am – 11.30am
at
Osmaston Allenton Children's Centre
Starting
15 January – 5 February 2018

This groups looks at how to:

- Cook healthy meals on a budget
- Make healthier shopping choices
- Develop New Skills
- Develop Confidence with food!



Please register your interest with reception.

Please note: To support Children's Centre resources, a £1.00 donation per family for each activity would be appreciated

