



Sláintecare.  
**Healthy  
Communities**



# HEALTHY FOOD MADE EASY

**Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget**

The course is usually run over 6 sessions (*2 and a half hours*). The emphasis throughout the course is on group learning and talking rather than formal teaching.

*Prepare, cook and taste healthy recipes*

*Learn about healthy eating*

*Get tips on food shopping*

*Plan meals on a budget*

*Relaxed and fun approach*

*For all ages and abilities*



## Further details

For further information see [www.glencentre.ie](http://www.glencentre.ie) or contact us at the Glen Resource Centre on [glenresourcecentre@gmail.com](mailto:glenresourcecentre@gmail.com)  
021 4550511



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**The Glen Resource Centre**  
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