

# EATING WELL ON A BUDGET WORKSHOP



## TO REGISTER:

Scan QR code, e-mail  
Elise.StrathconaFoodHub@Gmail.com or call  
250-268-7464

Join us for an engaging workshop hosted by the Strathcona Community Food Hub on learning the art of eating well without breaking the bank. In Eating Well on a Budget, we'll explore practical and creative strategies to help you enjoy nutritious, delicious meals while saving money. **This event is free, open to all with registration**, and will be facilitated by Public Health Dietitian, Taylor Hartwig.

In this workshop participants will learn about building and maintaining healthy eating habits, budget friendly meal planning, smart shopping strategies, low cost cooking & recipes. We will also discuss the benefits of local food, and how to access or grow it yourself.

*Be sure to bring a medium sized take-away container to bring home any leftovers of the food we make and reduce waste.*

**LOCATION:** Hə́máʔélas Community Kitchen, 140 - 1342 Shopper's Row, Campbell River, BC

**TIME:** Friday, July 12th 10 am - 12 pm V9W 2E1

*Held in Laichwiltach Lands*

