



Sláintecare.  
**Healthy  
Communities**



**South Dublin  
County Partnership**  
Páirtíocht Chontae  
Átha Cliath Theas

# 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

**Date: Wednesdays October 12<sup>th</sup> for 6 weeks**

**Time: 9am**

**Location: Breakfast Club St Thomas' Senior National School**

**Cost: FREE**



Rialtas Áitiúil Éireann  
Local Government Ireland