

# Stretching Your Family Food Dollar

FREE!

Budgeting and Cooking Skills Come Together!

## Session Topics Include:

- Meal planning with weekly flyers
- Quick and basic kid-friendly meals
- Money saving tips and tricks
- How to set a food budget



**Offered:**  
**Mondays, April 9<sup>th</sup> – May 14<sup>th</sup>, 2018**  
**(6 Weeks)**  
**9:30 am – 11:30 am**

To sign up, please call: 613-930-4892 ext.229



**Seaway Valley  
Community Health Centre**  
*Working with you for a Healthier Community*

353 Pitt Street  
Cornwall, Ontario



[www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)