



Sheffield Children's 
NHS Foundation Trust

FREE Webinar For Parents / Carers

'10 Top Tips for a Healthier Bank Balance - How to Eat Well AND Save Money'

Wednesday 15th November
9.30am – 10.30am
Via Zoom

Would you like some tips on how to eat healthier on a budget?

Want to know how to get the most out of your supermarket shop?

Want some ideas & inspiration on how to feed your family whilst not breaking the bank?

Then why not join us for our webinar:

'10 Top Tips for a Healthier Bank Balance – How to Eat Well AND Save Money'!

Part of our '10 Top Tips' Webinar Series, this session includes how to be savvier at the supermarket, tips on shopping and cooking on a budget, and how to reduce food waste.

Presented via Zoom and delivered by nutrition professionals, the session will be informative but fun, with time throughout to answer any of your questions.

[BOOK HERE!](#)

For more information, please contact:

lisa.aldwin@learnsheffield.co.uk or delya.lane@nhs.net