



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 24th September
10am – 11am
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' 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:

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