



The... HENRY Programme

...at Overchurch School

Free Eating Well for Less workshop
for parents and carers.

This workshop helps the whole family
to eat well for less, including:

- Tips for a cheaper, healthier shopping basket.
- Healthy meal planning to make the most of what you buy.
- Recipes for tasty, simple, low-cost meals.

*"So much
better than I
expected. I would
encourage every
parent to
do it."*



Scan the QR code for
more information about
the HENRY Programme.

Workshops start:
Wednesday 22 September
9.15am - 11.15am

Book your free workshop via
the school office - sign up by
Thursday 18 September.



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