



# 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.

**Workshops start:**

**Wednesday 22 September  
9.15am - 11.15am**

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

*"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.