



The... **HENRY** Programme

...at Kingsway Primary School

**Free workshops for parents
and carers.**

Eating Well for Less

- 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

Friday 14 November
9am - 10.30am

**Book your free workshop via
the school office**

*"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.