



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

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

Friday 14 November
9am - 10.30am

Book your free workshop via
the school office



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