

## ***New Online Healthy Food Made Easy Programmes***



- Gain practical information on healthy eating including reading food labels, budgeting and meal planning.***
- Experiment with dishes that are quick and easy to prepare.***

***Course 1 Starting 13th September 10am-11:30am***

***Course 2 Starting 14th September 6:30pm-8pm***

**Courses are 6 weeks in duration and will take place online via Zoom**

***Places are limited. To register, or for more information, contact Andrew on 087 777 7790 or email [amcbride@galwaycoco.ie](mailto:amcbride@galwaycoco.ie)***



Rialtas na hÉireann  
Government of Ireland



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