

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 FREE and 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



Rialtas na hÉireann
Government of Ireland



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