



First Nations Telehealth firstnationsTH.ca

Missed it last year? Join us for the re-presentation of ...

Get the basics on food budgeting!

Tuesday, April 17, 2012
2:00pm to 3:00pm

Objectives:

- Create a budget for all your expenses
- Look for ways to save on non-food expenses
- Save money on food
- How to plan and stick to a food budget
- What types of foods are cheaper
- Grow your own food, or hunt and fish
- Teach others in your community about food budgeting



This session is part of the FNIH Healthy Living Unit's Nutrition Training Series – a free videoconference series

Telephone your local Health Centre or Nursing Station to register!



Connected, Informed, Healthier