

Northampton Academy working in partnership  
with the Adult Learning Service

# Healthy Eating on a Budget for Families

A **FREE** 6week course for parents/carers. Refreshments and fun provided!!

Starting Tuesday 17<sup>th</sup> September 1.00 – 3.00pm  
in the Wellbeing Hub at Northampton Academy



You will be able to:

- Learn new skills and budget friendly family recipes
- Learn about meal planning
- Learn about fats, sugars and salts
- Learn how to support your children with Maths and English skills through cooking together
- Meet new people

**Book your place today!**

**Contact Maxine Butt School Family Support Worker  
for more information on 01604 210034 or email  
[m.butt@northampton-academy.org](mailto:m.butt@northampton-academy.org) or send me a  
text on 07713093680**

Please note, this course is parent/carer only no children please.  
Thank you.