



Belfast Health and  
Social Care Trust



Public Health  
Agency

# Food Values

Budgeting for Better Nutrition

Public Health Dietetians Team



## Food Values Programme

On completing the training, Tutors will be able to deliver a 4 week food budgeting programme to a group. The programme aims to help people make healthier food choices more accessible on a limited budget.

### Food Values focuses on:

- ✓ Food shopping and spending habits
- ✓ Better budgeting
- ✓ Hands on experience of cooking low cost meals
- ✓ Getting good nutritional value for money when out shopping

*This training is available to those who have previously completed Cook It! or our Food and Health Essentials training.*

[MORE INFO](#)



Please get in touch as soon as possible as places are limited!



**To register your interest**

**Contact us:**

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