

## FOOD AND HOUSEHOLD BUDGETING

THIS 2 SESSION WORKSHOP FOR 2 WEEKS ON ZOOM WILL LOOK AT HOW TO MAKE THE MOST OUT OF YOUR MONEY WHEN DOING YOUR FOOD SHOPPING AND HOW TO MAKE YOUR HOUSEHOLD BUDGET GO FURTHER. IT WILL ALSO OFFER ADVICE ON ENERGY SAVING AND THE SUPPORT AVAILABLE FO PEOPLE STRUGGLING WITH MONEY ISSUES



**STARTING: Monday 20<sup>th</sup> March 1-3PM AT: ON ZOOM**

**HOW TO MAKE THE MOST SAVINGS OUT OF A FOOD SHOP**

**HOW TO EAT WELL AND HEALTHILY ON A SMALL BUDGET**

**HOW TO MAKE THE BEST USE OF YOU WEEKLY/MONTHLY INCOME FOR HOUSEHOLD BILLS**

**HOW TO SAVE MONEY ON YOUR ELECTRIC AND GAS BILLS**

**SUPPORT AVAILABLE FOR THOSE STRUGGLING WITH MONEY**

**If you would like to join these workshops or find out more, please contact Karl Jackson-Lander at:**

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