

What's On Now?

THE WYOMING COMMUNITY CENTRE
147 Maidens Brush Road, Wyoming



**FREE 6-Week
Cooking &
Nutrition Class**

FoodREDi™
Healthy eating for everyone

follow us    
redcross.org.au



This FREE program starts
Thurs. 7 June @ 11 am.
Bookings essential.
Phone 43 23 7483

The **FoodREDi** program focuses on healthy diet, increased physical activity and the importance of maintaining healthy weight. The 6 week program covers **REDi-**

SAFE: basic hygiene, food storage at home

EAT: basic principals of good nutrition

SAVE: how to plan and shop for healthy meals on a limited budget

CHOOSE: how to interpret and understand food labels

COOK: healthy cooking methods and the importance of portion size

MOVE: the health benefits of regular exercise

All participants receive a workbook and copies of the recipes.