

Healthy Eating on a Budget



Port Alberni—Southern Region

Thursday August 4, 2016

What influences your food choice?

Nuu-chah-nulth Employment and Training Program & Matilda Atleo will offer a workshop on Healthy Eating on a budget. This workshop will include topics such as meal planning, tips when shopping, challenges/solutions, managing money, budgeting, needs vs. wants, family spending plan and unit pricing.

Dates: Thursday August 4, 2016

Location: 4090 8th Ave—Port Alberni, NETP

Time: 9:00 am — 3:00pm

Lunch Provided

If interested please contact your Case Manager or if your New to NETP please Contact—Intake Coordinator Shan Ross

Any First Nation, Metis, or Inuit person are encouraged to apply who reside in the Nuu-chah-nulth territory.

Want to know more about NETP?

Visit in Person: 4090 8th Avenue, Port Alberni

Phone: (250)723-1331 **Email:** NETP@nuuchahnulth.org



*Nuu-chah-nulth Employment & Training program is
a department of the Nuu-chah-nulth Tribal Council*

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