



# Eat Well for Less

Cooking healthy food on a budget can be a difficult juggling act between economics and nutrition, but good food needn't cost the earth.

Find out how you can make the most of your food budget

**You will discover:**

- How to be a savvy shopper
- Ideas for cost effective, nutritious, tasty meals
- Key ingredients to make your food go further for less
- Shopping, cooking and storing ideas to make the most of your food
- Using leftovers

**Get in touch**

T: 07704 520257

E: [info@vital-nutrition.co.uk](mailto:info@vital-nutrition.co.uk)

[www.vital-nutrition.co.uk](http://www.vital-nutrition.co.uk)