



## Cook'n Kiwi

### Healthy Eating on a Budget

Too much confusing information out there? Want to eat healthy but not break the bank? Want to learn how to make the foods you love healthier for you and your family? Want to give the next generation the **best** start?

**Talk to the Cook'n Kiwi Team.** We can adapt and deliver presentations and workshops for you. All you need to do is get together with a group, give us a call us & we will put together something to suit your needs. This could include among other things:

-  Healthy food choices
-  Nutrition for healthy pregnancy
-  Food for every age group...babies to seniors
-  Label reading made EASY
-  Prevention of diabetes, heart and other conditions related to food
-  Myths and fakes and fads...how to spot them
-  Healthy weight, what it is, how to get there, and how to keep it
-  Food and your mind
-  Cooking demonstrations, tastings
-  Onsite support groups
-  Recipe adaptation
-  Health expo and Healthy day support/displays
-  And more...

We can also train your trainers to deliver our sessions and provide a free tool kit!