

# Nottinghamshire Children's Centre Service

## Family and Food



Do you want to learn more about how to improve your families eating habits?

Do you want to learn more about healthy eating?

If the answer is yes, then you may be interested in our Family and Food programme.

The programme is useful for families who wish to improve their families' eating habits and learn more about healthy eating and managing on a budget in a fun way.

If you think this course may be suitable for your family and you wish to find out more, please get in touch either by phone or email (details below), have a look at our website or just walk into one of our buildings where staff will be happy to help.



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**...giving children  
the best start**



**Nottinghamshire  
County Council**