



# Save Money Live Well

## Short course 2013



### FOODCents

**Eat Smart**- balanced eating, using fruit and veg, avoid waste, growing food, tips on using meat

**Cook Smart**- menu planning, quick tasty meals, costs of takeaway, school lunchboxes

**Shop Smart**- shopping tips, spending by the food pyramid, comparing costs per kilo, reading labels, value for \$, pantry essentials



### ENERGYSmart

Practical steps to take at home to reduce your energy bills

Programs you can access that help you reduce energy usage

Reading your power bills



### DOLLARSIn, DOLLARSOut

General budgeting

Services and concessions available

Financial counselling

How credit works

Managing paperwork

Your rights and responsibilities

Emergency relief

### At the end of the course you will be able to:

- Save money on your energy bills
- Get the most out of your food money
- Use new recipes for great tasting meals for all the family
- Deal with fussy eating
- Be a Save Money Live Well Advisor and resource person

**1 day a week for 9 weeks**

**9.30am-2pm**

**Starting October 18<sup>th</sup> at Risdon Cove**

**Lunch provided. Childcare available.**

**Call 6234 0777 or Free Call 1800 132 260**

