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# Looking to improve your food choices?



## Uncover Hidden Sugars, Affordable Swaps, and Nutritional Insights. You could also take home a **FREE** slow cooker!

Through a range of fun and practical activities, you will learn how to apply your numeracy skills to everyday nutritional needs

### Course content

- Identifying surprising sugar facts
- Comparing affordable food swaps
- Researching food labels and nutritional values.
- Calculating the calories and costs of ready meals versus freshly cooked, family, one pot dishes (you could cook in your new slow cooker!)

**Date:** Wednesday, 13<sup>th</sup> November 2024

**Time:** 10am - 12.00pm

**Venue:** Havant Library, Havant Meridian Centre, Elm Ln, Havant, England, PO9 1UN

### Eligibility

Courses are available for adults 19+ without Level 2/GCSE maths (grade 4/C) or Functional Skills Level 2. Those with a Level 2 qualification may also qualify if they can show their numeracy skills need refreshing to boost career prospects.

### How to book

To register your interest in this course, please click on the QR code or link below:

<https://forms.office.com/e/eaTTZJwYzJ>

Alternatively, please ask the library staff to assist you



Hampshire  
County Council