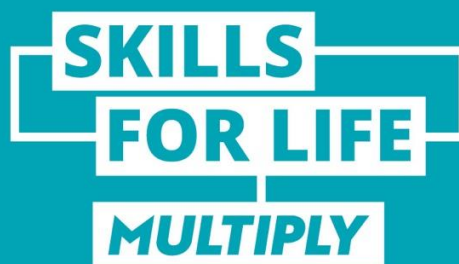




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# Looking to improve your food choices?



## FREE 'Nutrition and Numeracy' workshop

### Uncover Hidden Sugars, Affordable Swaps, and Nutritional Insights.

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.

#### 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 email [multiply@hants.gov.uk](mailto:multiply@hants.gov.uk)



Hampshire  
County Council