STRATEGIC OUTCOME 3	**IMPROVED COMMUNITY HEALTH AND WELLBEING**
ACTIVITY	**EAT SMART SAVE BETTER**
KEY PARTNERS	**POWYS TEACHING HEALTH BOARD, POWYS COUNTY COUNCIL**

Bwyd Powys Food funded Powys Teaching Health Board and Powys County Council to carry out a series of workshops with our communities and schools. The workshops taught members of the community and parents about food groups, food portions and cooking healthy meals on a budget.

As part of the workshops, participants were given: a goody bag and recipe card around healthy eating on a budget.

Sophie Yates, Family Liaison Officer said, “We are incredibly grateful to be able to facilitate such a fantastic opportunity for our families. Participants learned about nutrition and how to incorporate this information into their diets.”

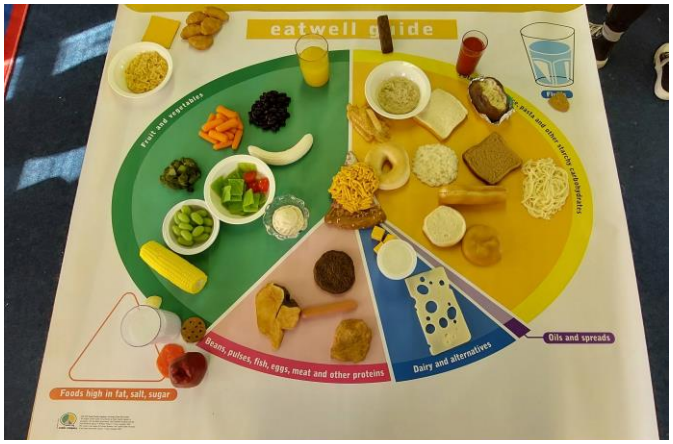
BWYD POWYS FOOD



Maesyrhandir Primary School, Newtown. March 2024

OUTPUTS

10 community workshops delivered 10 school workshops delivered
265 participants
200 goody bags and recipes given out



Eat Well Guide

OUTCOMES

58%/32% of participants were very likely/likely to use what they had learnt in the workshop to influence their food shopping purchases