

Regina Home Economics for Living Project Inc (HELP)

Our professional Home Economists are ready to share their wealth of knowledge about any topic related to "everyday living skills". HELP has a 21 year history of helping people, help themselves through education on topics related to "everyday living". Enjoy a 1 or 2 hour workshop at your workplace or our organization. Please note that noon hour "lunch and learn" classes can be developed to suit the needs of your organization.

1 hour Workshop *\$100.00 plus material costs*

We can offer one hour classes on topics like:

- Eating Healthy With Canada's Food Guide
- Cooking the Low Fat Way
- Understanding Food Labels
- How to Incorporate Grains, Nuts and Legumes into Your Daily Diet
- Cooking Gluten Free
- Eating Healthy on a Budget
- Basic Kitchen Equipment and Use

Don't see a topic listed that you would enjoy? Ask us to create a class to suit you.

CALL 347-7877 for more Information or to Register:

2 hour Food Workshop *\$250.00*

We can offer two hour classes on topics like:

- Cooking Healthy on a Shoestring Budget
- Including Grains, Nuts and Legumes for the Family
- Cooking Gluten Free
- Eating Healthy Using Canada's Food Guide
- Diabetic Cooking
- Eating for One

Don't see a topic that you would enjoy? Ask us to create a class to suit you. The 2 hour food workshops offer hands-on instruction with food prep.

CALL 347-7877 for more Information or to Register:

2 hour Budget Workshop *\$250.00*

We can offer two hour classes on topics like:

- Buying Your First House
- Family Budgeting
- Shoestring Budgeting
- Budgeting for One
- University Survival Budgeting

Cash or checks are accepted forms of payment for the workshops and can be made out to: HELP. Cancellation fees apply for each workshop with less than 5 days notice of cancellation. Classes and workshops can be developed for the workplace or home. If you are interested in any workshop for you or your family, please call and we will develop classes to suit your needs.