



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



ShineHHS.ca

Healthy Eating on a Budget

You don't have to have the richest budget to eat healthy! What you need is solid information and tips that will help you avoid the money traps and make cost efficient healthy choices. Join Janet Jacks, founder of Goodness Me! Natural Food Market and author of Discover the Power of Food, to learn what is most important to consider when it comes to healthy eating - without breaking the bank.

Janet will share some exciting trends of eating nose to tail and root to stem, as well as shedding light on some eye opening ways that you may not have considered when it comes to meal planning and budgeting!

FREE SNACKS WILL BE PROVIDED and ALL ATTENDEES WILL BE ENTERED TO WIN A PRIZE!



Mark Your Calendar!

Fri Mar 1	WLMH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Conference Room A & B
Mon Mar 4	MUMC	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM MUMC 3E26
Tues Mar 5	HGH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Marg Charters
Wed Mar 6	PHRI	12:00-12:30PM Auditorium
Thurs Mar 7	KW	12:15 PM – 12:45 PM Room 22-009
Fri Mar 8	JHCC	12:15 PM – 12:45 PM JH-4 Aud
Tues Mar 12	SPH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM North Conference Room



EVENT BROUGHT TO YOU BY

Janet Jacks
Founder of Goodness Me

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<https://goodnessme.ca>

Janet Jacks is a best-selling author, founder of Goodness Me! Natural Food Markets, host of The Honest to Goodness Podcast, creator of the Lifewatcher program, and a dynamic speaker at workshops and workplaces. For twenty years, she hosted a weekly radio show on health. In 2016, she received CHFA's Hall of Fame award, and in 2018 was named one of the STAR Women of the Year for her role in shaping and redefining the grocery industry. Janet's passion is learning, motivating, and enabling others to be transformed by the power of food!