

Living on a **SURVIVAL** Budget

Living On A Survival Budget helps people plan and budget for nutritious, affordable meals.

Living On A Survival Budget has 3 streams:

Ready
PROGRAM

12 Week
Introduction

Set
PROGRAM

12 Week
Intermediate Program

Go
PROGRAM

A Self-directed
Community Meal Program

The program is led by community members who provide support to the group through their training and life experiences.

FOR MORE INFORMATION

For more information about the program, or to make referrals, please contact:

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COMMUNITY HEALTH CENTRE