

Healthy eating tips

RESIDENTS of Podsmead donned their aprons and shunned their frying pans as part of a health promotion.

Podsmead housing office worked with Health Promotion Gloucestershire to organise the event that got council tenants to learn about healthy eating on a budget.

There were practical cookery demonstrations, quizzes, raffles and gifts with a cooking theme for the participants.

Becky Hirst, food and health projects officer at

Health Promotion Gloucestershire, said: "It is very positive that the housing office has addressed the wider health needs of their tenants, healthy eating does not have to be expensive and hopefully this event has offered them some useful tips on shopping and cooking."

The event at Halford House, Masefield Avenue, was supported by the Quedgeley branch of Tesco which donated the ingredients for the cookery demonstrations.

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