

Food Skills for Families

Healthy Cooking on a Budget

Presented by



Let's Cook Together

- Cook simple delicious meals
- Connect with others in your community
- Modify recipes using lower cost ingredients
- Plan meals to buy only what you need
- Learn how to cook with seasonal fruits and vegetables
- Learn to read nutrition labels
- Tour your local grocery store

The next program will be starting on May 16th

Once a week for 6 sessions – Tuesday mornings

Where: Lochdale Community School, 6990 Aubrey Street, Burnaby

When: Tuesday, May 16th to June 18th. Time: 9.15am – 12.15pm

To register: Please call Pat @ 604 764 1358

or email: pmcdavison@gmail.com for more information

Limited spaces are available: Childcare is available

