



# COMMUNITY KITCHENS FOR FAMILIES

Join us for six Food Skills for Families Healthy Cooking Sessions

## Food Skills for Families

Food Skills is a hands-on program that makes healthy eating, shopping and cooking easy, quick and fun.

This program is all about teaching people how to make healthy meals, snacks and beverage choices and to gain confidence in the kitchen.

- Encourages participation and social interaction
- Includes 6 sessions which are 3 hours in length
- Learn how to read food labels and take a grocery tour
- Helps participants to eat well while making fast easy meals using fresh, whole ingredients

Eating healthy can be confusing .

- Come and learn how to prepare tasty meals using fresh whole foods.
- Meet new friends and have fun.



Do you get bored with eating the same food all the time?  
 Do you eat out because you're not sure what to cook?  
 Do you worry that your health is suffering by making unhealthy choices?

If you would like to lead a healthier lifestyle. This is the course to take.



The Place: Lochdale Elementary School, 6990 Aubrey Street, Burnaby

The Date: 24th January, 2018 to February 28th 2018 Wednesday mornings  
 The Time: 9.15a.m. to 12.30pm

To register: contact Pat @604 764 1358 or e-mail: pmcdavison@gmail.com  
 Childcare is available