

# Food Skills for Families

## Healthy Cooking on a Budget

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### Come Cook With Us

- 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 April 17th 2018

Once a week for 6 sessions

Where: Windsor Elementary School, 6166 Imperial Street, Burnaby

When: Tuesday, April 17th to May 22nd 2018. Time: 9.15am – 12.15pm

To register: Please call Pat @ 604 764 1358

or email: [pmcdavison@gmail.com](mailto:pmcdavison@gmail.com)

Limited spaces are available

Childcare will be provided

