



Cameray
Child & Family Services

INVITE YOU TO
FOOD SKILLS FOR FAMILIES
Healthy Cooking on a Budget

- 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 10th, 2019

Once a week for 6 sessions

Where: Lochdale Community School, 6990 Aubrey Street, Burnaby

When: Wednesday, April 10th to May 15th, 2019

Time: 9:15am – 12:15pm

To register: Please call Pat @ 604 764 1358

or email: pmcdavison@gmail.com

Limited spaces are available

Childcare will be provided

