

FOOD SKILLS FOR FAMILIES

THE

PUNJABI KITCHEN

HEALTHY PUNJABI COOKING IN CANADA

JOIN US!

FREE SIX WEEK HEALTHY COOKING PROGRAM

Cook simple nutritious meals

Learn to read nutrition labels

Tour your local grocery store

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

MAKING HEALTHY EATING easy, enjoyable and fun.



Yummy Recipes!

- Whole Wheat Pizza
- Five Vegetable Curry
- Rajma with Paneer
- Peach Berry Cobbler
- Stir-Fry
- Beef Tacos
- Dahlia
- Hummus

PROGRAM DETAILS:



BC Centre for Disease Control
Provincial Health Services Authority



BRITISH
COLUMBIA

Supported by the Province of British Columbia