

SIX SESSIONS

Program Schedule

SESSION ONE

Variety for Healthy Eating

SESSION TWO

Vegetables, Fruits & Whole Grain Foods

SESSION THREE

Protein Foods & Healthy Fats

SESSION FOUR

Planning Healthy Meals, Snacks
& Beverages

SESSION FIVE

Savvy Shopping

SESSION SIX

Celebration!



Free to Register

All cooking skill levels welcome. Groups are led by Facilitators trained and certified by BC Centre for Disease Control. This program is appropriate for all adults (18+) who want to make nutritious and delicious meals for themselves and their family.



BC Centre for Disease Control
Provincial Health Services Authority



BRITISH
COLUMBIA

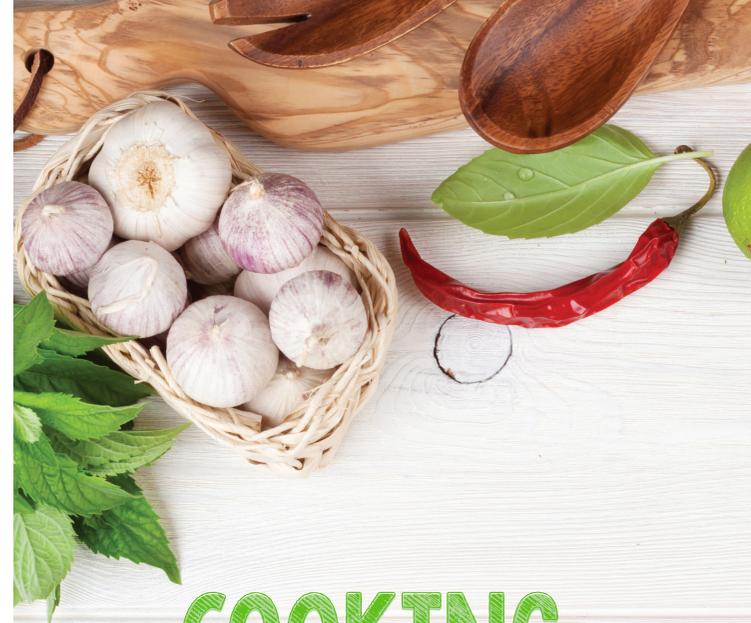
Supported by the Province of British Columbia

COOKING CONNECTIONS

COOKING FOR THE ACTIVE SENIOR

▶▶▶ JOIN YOUR ◀◀◀
NEIGHBOURS
FOR
6 SESSIONS
IN
THE **KITCHEN**

FOOD SKILLS FOR FAMILIES



BUILDING HEALTHIER COMMUNITIES BY:

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

MAKING HEALTHY EATING easy, enjoyable and fun.



COME COOK WITH US

- Cook simple, delicious meals
- Learn to read nutrition labels
- Connect with others in your community
- Learn all about fibre
- Find out how much sugar is in your favourite beverage
- Get tips on how to drink more water
- Discover ways to season food without adding salt

COOKING CONNECTIONS

Cooking for the Active Senior

In the Food Skills for Families COOKING CONNECTIONS program you will focus on cooking and eating for one or two. Meet others that want to maintain and improve their healthy lifestyle while having fun in the kitchen.

- Modify recipes using lower cost ingredients
- Plan meals to buy only what you need
- Learn to cut recipes in half
- Cook freezer-friendly meals
- Share healthy snack ideas
- Meet new friends
- Cook and taste healthy, delicious food

COOK NEW RECIPES

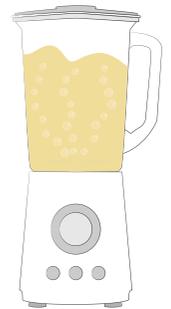
- Hummus
- Ratatouille
- Minestrone Soup
- Quesadillas
- Salmon Cakes
- Tofu Stir-Fry
- Frittata Muffins
- Apple Peach Crisp

HOMEMADE HUMMUS

YOU WILL NEED:



BLEND UNTIL SMOOTH:



ENJOY THIS HEALTHY
SNACK WITH VEGGIES
AND PITA CHIPS