



FOOD SKILLS FOR FAMILIES

COOKING IN CANADA

HEALTHY COOKING FOR NEWCOMERS

JOIN US!

FREE SIX SESSION HEALTHY COOKING PROGRAM

Cook simple & delicious meals

Share tips in the kitchen

Learn to read nutrition labels

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

MAKING HEALTHY EATING easy, enjoyable and fun.



Yummy Recipes!

- Whole Wheat Pizza
- Minestrone Soup
- Black Bean Quesadillas
- Peach Berry Cobbler
- Stir-Fry
- Beef Tacos
- Lasagna
- Hummus

PROGRAM DETAILS:



BC Centre for Disease Control
Provincial Health Services Authority



BRITISH
COLUMBIA

Supported by the Province of British Columbia