



FOOD SKILLS FOR FAMILIES

FOOD SENSE

HEALTHY COOKING ON A BUDGET

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!

- Hummus
- Kale Salad
- Roasted Veggies
- Quesadillas
- Granola Bites
- Veggie Fritters
- Homemade Pizza
- Apple Crisp

PROGRAM DETAILS:



BC Centre for Disease Control

Provincial Health Services Authority



BRITISH
COLUMBIA

Supported by the Province of British Columbia