

FOR ADULTS

QUEEN MARY, RIDGEWAY AND WESTVIEW PARENTS



This FREE six-session program involves learning and hands on cooking. We cook and eat together and there's usually food to take home too!

Session 1	Friday October 28	Variety for Healthy Eating
Session 2	Friday November 4	Fabulous Fruits, Vegetables and Whole Grain Goodness
Session 3	Friday November 18	Meat & Alternatives, Milk & Alternatives and Health Fats
Session 4	Friday November 25	Planniing Healthy Meals
Session 5	Friday December 2	Savvy Shopping (grocery store tour)
Session 6	Friday December 9	 Celebration

**** Participants are asked to commit to all 6 sessions ****

Participants said:

“I’ve learned more about cooking and baking from scratch.”

“The Handbook is a great resource with healthy and delicious recipes for my whole family.”



WHERE:

North Shore Neighbourhood House
225 East 2nd Street,
North Vancouver

WHEN: 9:15am — 12:30 pm

TO REGISTER contact:

Maria Morisseau
604-290-2384 mmorisseau@nsnh.bc.ca

Those that have not taken “Food Skills’ before will be given priority

