

FOOD SKILLS FOR FAMILIES

FOOD SENSE

HEALTHY COOKING ON A BUDGET

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 affordable.



Yummy Recipes!

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

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

WHEN: 9:15 am – 12:30 pm / Friday October 26, November 2, 9, 16, 23* and 30th.

November 23 will take place at Lonsdale City Market

REGISTER BY: October 19, 2018 Leah Herman / Lherman@nsnh.bc.ca or 604-290-2384

**DIABETES
CANADA**


North Shore
Neighbourhood
House
...the heart of the community for over 70 years