

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

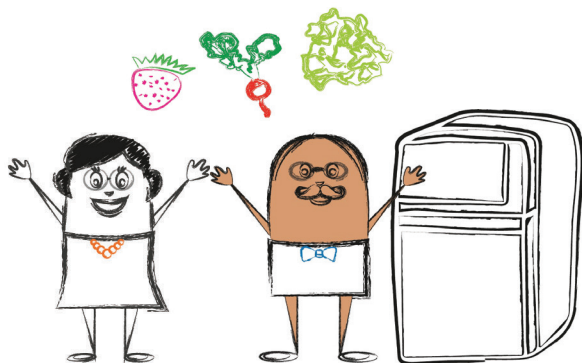
Planning Healthy Meals, Snacks
& Beverages

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 IN CANADA HEALTHY COOKING FOR NEWCOMERS

➡➡ 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
- Tour your local grocery store
- 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 IN CANADA

Healthy Cooking for Newcomers

In the Food Skills for Families COOKING IN CANADA program, you will cook healthy meals alongside other newcomers.

- Make new friends
- Modify recipes using lower cost ingredients
- Plan meals to buy only what you need
- How to shop in the grocery store

COOK NEW RECIPES

- Hummus
- Tacos
- Coleslaw
- Vegetable Stir-Fry
- Minestrone Soup
- Whole Wheat Pizza
- Quesadillas
- Fruit Cobbler

HOMEMADE HUMMUS

YOU WILL NEED:



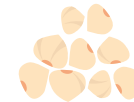
2 Tbsp
Parsley Chopped



2 Cloves
of Garlic



3 Tbsp
Olive Oil



1 Can of
Chickpeas

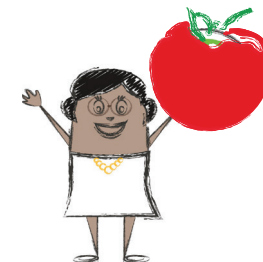
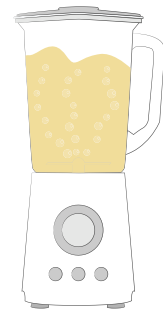


1/4 Tbsp
Salt



2 Tbsp
Lemon Juice

BLEND UNTIL SMOOTH:



ENJOY THIS HEALTHY
SNACK WITH VEGGIES
AND PITA CHIPS