

SIX SESSIONS

Program Schedule

WEEK ONE

Variety for Healthy Eating

WEEK TWO

Vegetables, Fruits & Whole Grain Foods

WEEK THREE

Protein Foods & Healthy Fats

WEEK FOUR

Planning Healthy Meals, Snacks
& Beverages

WEEK FIVE

Savvy Shopping

WEEK 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.

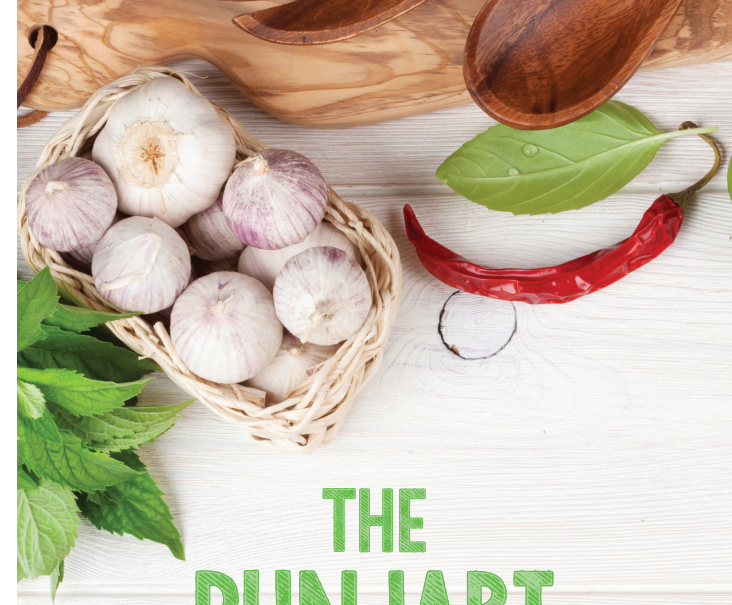


BC Centre for Disease Control
Provincial Health Services Authority



BRITISH
COLUMBIA

Supported by the Province of British Columbia



THE PUNJABI KITCHEN

HEALTHY PUNJABI COOKING IN CANADA

▶▶▶ JOIN YOUR ◀◀◀
NEIGHBOURS
FOR
6 WEEKS
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

THE PUNJABI KITCHEN

Healthy South Asian Cooking in Canada

In the Food Skills for Families SOUTH ASIAN KITCHEN program, traditional dishes and some Canadian favorites are transformed into tasty and healthier versions.

- Modify recipes using lower cost ingredients
- Make restaurant favorites at home including pizza, tacos and chicken strips
- Plan meals to buy only what you need
- Share healthy snack ideas

COOK NEW RECIPES

- Five Vegetable Curry
- Whole Wheat Pizza
- Hummus
- Dahlia
- Stir-Fry
- Rajma with Paneer
- Peach Berry Cobbler
- Blueberry Muffins

HOMEMADE HUMMUS

YOU WILL NEED:



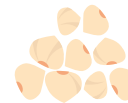
2 Tbsp
Parsley Chopped



2 Cloves
of Garlic



3 Tbsp
Olive Oil



1 Can of
Chickpeas

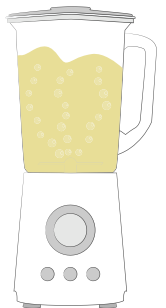


1/4 Tbsp
Salt



2 Tbsp
Lemon Juice

BLEND UNTIL SMOOTH:



ENJOY THIS HEALTHY
SNACK WITH VEGGIES
AND PITA CHIPS