



FOOD SKILLS FOR FAMILIES

TRADITIONS IN THE KITCHEN

HEALTHY INDIGENOUS COOKING FOR THE HOME COOK

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 fun.

Yummy Recipes!

- Whole Wheat Pizza
- Minestrone Soup
- Black Bean Quesadillas
- Fruit Cobbler
- Stir-Fry
- Beef Tacos
- Coleslaw
- Hummus



PROGRAM DETAILS:



BC Centre for Disease Control
Provincial Health Services Authority



BRITISH
COLUMBIA

Supported by the Province of British Columbia