



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

Thursdays, starting March 14, 4:30-7:30 p.m.
(6 sessions)

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver

Unceded Coast Salish Territory

www.mnph.org

To register please contact Carmen at:

ccontreras@mpnh.org

604.879.8208 ext 202

Childcare provided. Limited spaces.

**DIABETES
CANADA**



ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC



**Mount Pleasant
Neighbourhood House**