



Walk, Shop & Chop: Fall Comfort Food

Prep Day: Wednesday, September 26, 12:30–2:30p.m.

Cooking Day: Thursday, September 27, 9:30 a.m.–12:30 p.m.

Cook a delicious, nutritious meal of crispy chicken strips with ranch yogurt dip, and fresh green salad followed by banana muffins with **Linda**.

Meet at Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory
www.mnph.org

Please sign up at the front desk or contact

Omnia El Shayeb, Seniors Programmer:
OELshayeb@mnph.org, 604.879.8208 ext 112



**Mount Pleasant
Neighbourhood House**