

FOOD SKILLS FOR FAMILIES

# FOOD SENSE

## HEALTHY COOKING ON A BUDGET

JOIN US!

FREE SIX WEEK HEALTHY COOKING PROGRAM

FREE!

Cook simple nutritious meals  
Learn to read nutrition labels  
Tour your local grocery store

FREE!

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

MAKING HEALTHY EATING easy, enjoyable and fun.

FREE!

FREE!



### Yummy Recipes!

- Hummus
- Kale Salad
- Roasted Veggies
- Quesadillas
- Granola Bites
- Veggie Fritters
- Homemade Pizza
- Apple Crisp

#### Program details and how to register

Please contact Aimee at [aimee.roque@milieu.ca](mailto:aimee.roque@milieu.ca)

Dates: Friday's

Feb. 10, 17, 24 – Mar. 3, 10, 17

Time: 9:30AM – 12:30PM

Location: White Rock area

\*\*\*FREE\*\*\*

Only 12 spots available

Open to anyone!



BC Centre for Disease Control

Provincial Health Services Authority



BRITISH  
COLUMBIA

Supported by the Province of British Columbia