



FOOD SKILLS FOR FAMILIES

FOOD SENSE

HEALTHY COOKING ON A BUDGET

JOIN US!

FREE SIX SESSION HEALTHY COOKING PROGRAM

Cook simple & delicious meals

Share tips in the kitchen

Learn to read nutrition labels

CONNECTING parents

TEACHING children

MAKING healthy choices

POSTPONED!

- Mummy Recipes!*
- Hummus
 - Kale Salad
 - Roasted Veggies
 - Quesadillas
 - Granola Bites
 - Veggie Fritters
 - Homemade Pizza
 - Apple Crisp

Join us for this super fun and easy six week, once a week program.

Starting Date: Thursday, August 27, 2026

Time: 10:30 am to 2:30 pm

Place: Skeetchestn Health Center

Contact Lee-Anne at 250.373.2580 for more info.



BC Centre for Disease Control
Provincial Health Services Authority



BRITISH COLUMBIA

Supported by the Province of British Columbia