



Food Skills for Families

Tuesdays 4 - 7 PM

Oct. 22 to Nov. 26

The *Healthy Cooking on A Budget* curriculum consists of six sessions that teach healthy eating, shopping and cooking skills. Designed to meet the unique needs of low-income families, the course involves nutritional and budgetary learning as well as hands-on food preparation in each 3-hour session.

For more information, call Paula at 250-245-3079 or email paula@lrca.ca

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