



## Community Kitchen at Gilmore Community School Thursdays, 10:30am-1:30pm September 2017 to January 2018

**This is a cooking program for families and individuals. It promotes healthy, low-cost eating and builds connections amongst participants while connecting people to community resources in your neighbourhood. Come and join the group and:**

- ◆ meet new friends
- ◆ learn to cook new foods and share your ideas
- ◆ take home a meal for your family
- ◆ learn to save money
- ◆ talk to a dietitian about healthy eating
- ◆ childcare is available
- ◆ Cost is \$5 per week



**For further information and to register, please call Lynn at the Burnaby Neighbourhood House at**

**604-431-0400**