



Community Kitchen

at Gilmore Community School
Thursdays, 10:30am-1:30pm
Starting January 11, 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 contact Mrs. Dahl at the Community Office
or call Lynn at the North Burnaby Neighbourhood House at 604-431-0400.**