



Healthy Eating and Lifestyles for Newcomers to Canada

A program for seniors (55 years +) who would like to cook together, socialize and learn about Canadian cooking and how to read food labels

Where: Foodshare Center, 271 Pine Street

When: Tuesdays 10:30am—1pm

Dates: February 27, March 6, 13, 20, 27, April 3

Program Information

- Try our 6 week cooking program
- Learn about making healthy food
- Learn safe food handling tips
- Try new foods—Canadian and others
- Share your cultural food experiences—learn from each other
- Prepare healthy snacks and lunch ideas
- Learn about other community supports

Group members need to know:

- Everyone helps with cooking and clean up
- If I miss a session, the group will expect me to call and let them know
- Phone 250-753-7470 to leave a message or anita.nck@shaw.ca
- www.nanaimocommunitykitchens.org



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REGISTRATION FORM

Name: _____

Address: _____

Telephone or daytime message number: _____

Email address: _____

There are _____ adults & _____ children in my home

Please list any allergies or food requirements _____

Here are some ideas for what I would like to make:

Please speak with Anita at Nanaimo Community Kitchens if you have any questions: 250-753-7470

