



FAMILY RESOURCE PROGRAMS
Children & Families

Food Skills
 for Families



Food Sense
 Healthy Cooking on a budget

FREE SIX WEEK HEALTHY COOKING PROGRAM

- Cook simple nutritious meals**
- Learn to read nutrition labels**
- Tour your local grocery store**

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

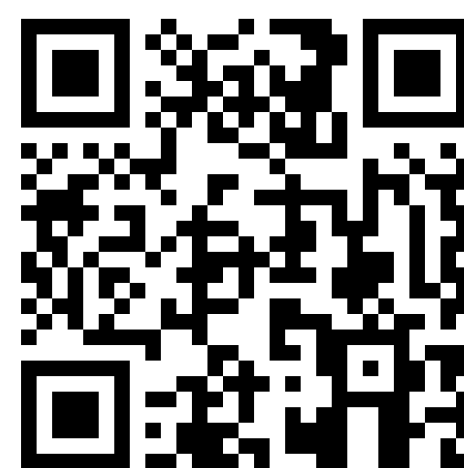
MAKING HEALTHY EATING easy, enjoyable and affordable.



For more information email
 Lina at larias@mpnh.org

Please register here:
<https://forms.office.com/r/DCY1fVB5J1>

Or SCAN HERE



Join us!

Mount Pleasant Neighbourhood House
 800 East Broadway, Vancouver
 Unceded Coast Salish Territory
www.mpnh.org

Starting Feb. 22, 2024

Thursdays, 4:30 - 7:30 p.m.



Mount Pleasant
 Neighbourhood House