

Summertime: Cooking Together!



Family Services

of Greater Vancouver

Creating brighter tomorrows.

When:

Tuesday, July 28

Tuesday, August 11

9:30am -12:00pm

Where:

Knox Presbyterian
Church

403 East Columbia,
New Westminster

Cost: FREE!

Childminding available

**Register for one
workshop or both
workshops!**

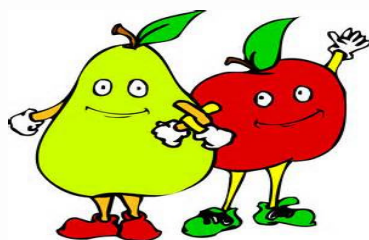
Come and spend a couple of hours getting new ideas for summer salads, snacks and desserts.

Workshops are available to parents, seniors and anyone who are interested in healthy eating!

Find out what's in season and use those seasonal fruits and vegetables to make a tasty salad, a delicious dip, and sample some snacks and a smoothie.

Register by contacting us at:

**604 764 1358 or
communitykitchens@fsgv.ca**



United Way
Lower Mainland