



What is a Community Kitchen?

Members of a Community Kitchen will meet once a month to cook food for themselves and their families. Group members prepare 2-3 meals to take home to freeze or eat that week. Prices for the meals are kept low by planning around grocery store specials.

All ingredients will be provided.

***Tuesday April 25th, 2017
Community Centre
3:00PM-5:30PM***

***Space is limited.
Deadline to sign up is April 22st at
4pm.
Please Call Steve or Alisa at the
Health Centre to sign up
(705)-657-2557***