



## 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.

**Wednesday March 22<sup>nd</sup>, 2017**  
**Community Centre**  
**3:00PM-5:00PM**

***Space is limited.***  
***Deadline to sign up is March 20<sup>th</sup> at 4pm.***  
***Please Call Steve or Alisa at the Health Centre to sign up***  
***(705) 657-2557***