



Food Skills for Families

The Food Skills for Family program is a hands-on six-session weekly cooking program, designed by the Canadian Diabetes Association, which teaches healthy eating, shopping and cooking skills. It involves a learning component and hands-on cooking in each 3-hour session from 6:30-9:30pm.

Session 1 – Mar 13, 2012: Variety for Healthy Eating

Session 2 – Mar 20, 2012: Fabulous Fruits, Vegetable and Whole Grain Goodness

Session 3 – Mar 27, 2012: Meat and Alternatives, Milk and Alternatives and Healthy Fats

Session 4 – Apr 3, 2012: Planning Healthy Meals, Snacks and Beverages

Session 5 – Apr 17, 2012: Savvy Shopping (Grocery Store Tour)

Session 6 – Apr 24, 2012: Celebration!

The cost of the program is covered by the Canadian Diabetes Association and Victoria Women in Need.

Where: 2827 Belmont Ave. Oaklands Community Centre

How to register: Contact 250-480-4006 ext. 202 or programs@womeninneed.ca