

HEALTHY HARVESTS: Veggies & Fruit Cooking Program

FREE ADULT COOKING PROGRAM

Join us for a monthly hands-on food preparation workshop!

- Some of the topics we will cover will include:
- Food Safety
- Label Reading
- Food preparation on a budget
- Creative use of leftovers
- Cooking with Kids and more.....



Second Tuesday of the month • March 2017 - March 2018 • 1:00 pm-3:00 pm
Family Centre Argyle/Lord Nelson Public School
1990 Royal Crescent

Register at www.familycentreargyle.eventbrite.com

Please call Family Centre Argyle directly for child minding- 519-455-2791

Program offered in partnership between
Middlesex-London Health Unit & Family Centre Argyle