

CREATIVE KITCHENS

Creative Kitchens is presented by the Families First Society through the local Parent Link Centre. It is a group of eight people who meet once per month to plan, budget and prepare four nutritious meals to take home. All meals are freezer friendly and portioned to feed a family of 4 to 6.

With child care provided registrants get to socialize with others, share recipes, learn new cooking skills or share their skills with less experienced cooks.

Creative Kitchens is for anyone over 17 yrs old interested in:

- Having ready-made meals in the freezer.
- Sharing and developing cooking skills.
- Spending up to 6 hours per month to plan and cook with a group.
- Lowering the cost of meal preparation through bulk purchase power.
- Meeting new people and having fun.

WHEN: once per month September 2009- June 2010

WHERE: Legal School Lunch Room

DATE: June 10 (planning day) – June 11 (cooking day)

TIME: 9:00-11:00 (planning) – 9:00-1:00 (cooking)

COST: \$20.00 (\$5.00 per meal)

*Only 8 registrants per month, Registration will be on a first call first served basis
To register call Patti toll free @ (780) 413-9153 then 998-5595 ext. 221
Free Childcare provided while attending Creative Kitchen Program*



