



Food Skills for Families

FREE PROGRAM ON CREATING BUDGET FRIENDLY MEALS TO SHARE

Come learn how to cook simple nutritious meals that can help you meet your budget. You will eat what you have prepared and leave with tips to share with your families!

Every Tuesday

Between October 3 - November 7

10:00am - 1:00pm

**Tri-Cities East Neighbourhood Centre
2062 Manning Avenue, Port Coquitlam**

FREE PARENTING PROGRAM + CHILDCARE

Register Online Today: bit.do/foodskills

Contact: groups@westcoastfamily.org