



**2018
Wandering
Chefs**

3rd Wednesday of each month from 2pm - 4:30pm
176 Wyndham Street N,

Wandering Chefs is a **FREE** drop in program. Join us to:

- Learn cooking skills and recipes
- Get tips on healthy eating
- Turn foods from a Garden Fresh Box into a healthy, delicious meal.
- Enjoy good food with friends and family

Children are welcome to attend this program with their parent or caregiver.

January 17	Mood Boosters
February 21	Breakfast for Dinner
March 21	Food for Fuel
April 18	Spring Has Sprung
May 16	Change It Up
June 20	Meals Around the World
July 18	Engaging the Senses
August 15	30-Minutes or Less
Sept 19	Seasonal Flavours
October 17	Halloween Themed Meals
Nov 21	Comfort Foods
Dec 19	Holiday Cooking