



Guelph CHC  
growing healthy together

## 2017 Wandering Chefs

3rd Wednesday of each month from 2pm - 5pm  
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 18	Spice Up Your Life
February 15	Soups and Stews
March 15	Spring has Sprung
April 19	Classic Meal
May 17	Meatless Meals
June 21	Ancient Grains
July 19	Fruit at Every Meal
August 16	Summer Picnic
Sept 20	Flavours of Fall
October 18	Halloween Themed Meals
Nov 15	Meals from Around the
Dec 20	Holiday Cooking