Traditional Kitchen Workshop Series

Create a meal together in a positive environment, share and learn recipes, learn how to shop for foods on a budget, learn about healthy eating habits, and experience traditional Aboriginal foods.

Child minding may be available. No cost to attend.



Thursdays from 5:30pm – 8:30pm May 16, 23 & 30th and June 6th, 2019 26770 29 Ave, Aldergrove@ the Kinsmen Community Centre Register: Julia McCaffrey at (604) 533-8826 or via email to julia.mccaffrey@xyolhemeylh.bc.ca



