

Free! Parent Skills Cooking Class

Where: Ralph Brown Community Centre – **460 Andrews Street**

When: Every Monday afternoon from 1-3 PM starting February 4, 2013

Learn to make nutritious meals for the family and bring home your meal!



To register or for more information please call or email:

Jasmine at North End Food Security Network:

204-927-2342 | jasmine@necrc.org

**Open to all parents of school-aged children.*

**Please try to bring your own casserole dish or a container to take home what you made.*