



10 WEEK COMMUNITY KITCHEN

Stella Burry Community Services is offering another 10 week Community Kitchen. We are looking for 6-8 Stella Burry participants to take part. Each week, we will gather at New Beginnings on Thursdays from 3:00-5:00 to talk about food and to cook a delicious cheap meal. There are always leftover's to take home for another meal!

Some of the food topics to be covered will be:

- **How to read food labels.**
- **How much sugar is too much sugar?**
- **Meal sizes for good health.**
- **Spice up you life with herbs and spices.**
- **How low salt meals can improve your health.**
- **What is a whole grain and why they are so good for you?**
- **How to cook good food on a budget.**

.....and much, much more!

If you are interested in joining a cooking group with a passion for improved health, good food and fun - this is the group for you. The Community Kitchen is scheduled to start on September 9th. Interested people please complete the registration form or call Laurie at 738- 0635.