

## SIX SESSIONS Program Schedule

### SESSION ONE

Variety for Healthy Eating

### SESSION TWO

Vegetables, Fruits & Whole Grain Foods

### SESSION THREE

Protein Foods & Healthy Fats

### SESSION FOUR

Planning Healthy Meals, Snacks & Beverages

### SESSION FIVE

Savvy Shopping

### SESSION SIX

Celebration!

Free to Register

All cooking skill levels welcome. Groups are led by Facilitators trained and certified by BC Centre for Disease Control. This program is appropriate for all adults (18+) who want to make nutritious and delicious meals for themselves and their family.

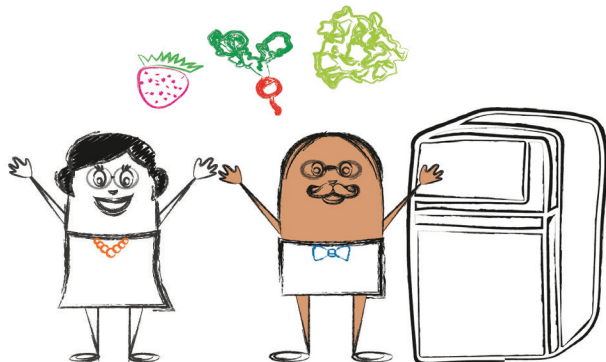


BC Centre for Disease Control  
Provincial Health Services Authority



BRITISH  
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Supported by the Province of British Columbia



# FOOD SENSE

## HEALTHY COOKING ON A BUDGET

▶▶▶ JOIN YOUR ◀◀◀  
**NEIGHBOURS**  
FOR **6** **SESSIONS**  
IN THE **KITCHEN**

FOOD SKILLS FOR FAMILIES



## BUILDING HEALTHIER COMMUNITIES BY:

**CONNECTING** people in the kitchen.

**TEACHING** fun hands-on cooking skills.

**MAKING HEALTHY EATING** easy, enjoyable and fun.



## COME COOK WITH US

- Cook simple, delicious meals
- Learn to read nutrition labels
- Tour your local grocery store
- Connect with others in your community
- Learn all about fibre
- Find out how much sugar is in your favourite beverage
- Get tips on how to drink more water
- Discover ways to season food without adding salt

# FOOD SENSE

## Healthy Cooking on a Budget

In the Food Skills for Families FOOD SENSE program, we will focus on ways to make healthy meals on a budget.

- Modify recipes using lower cost ingredients
- Make restaurant favorites at home including pizza, tacos and chicken strips
- Cook new and low-priced grains
- Make homemade salad dressing
- Plan meals to buy only what you need
- Learn how to cook with seasonal fruits and vegetables

## COOK NEW RECIPES

- Hummus
- Kale Salad
- Roasted Veggies
- Quesadillas
- Granola Bites
- Veggie Fritters
- Homemade Pizza
- Apple Crisp

## HOMEMADE HUMMUS

### YOU WILL NEED:



2 Tbsp  
Parsley Chopped



2 Cloves  
of Garlic



3 Tbsp  
Olive Oil



1 Can of  
Chickpeas

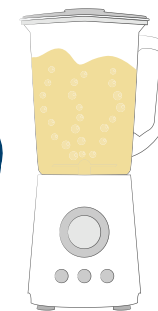


1/4 Tbsp  
Salt



2 Tbsp  
Lemon Juice

### BLEND UNTIL SMOOTH:



ENJOY THIS HEALTHY  
SNACK WITH VEGGIES  
AND PITA CHIPS