

## When are the cooking sessions?

Monday – Friday  
9:30 a.m. – 11:30 a.m.

Monday - Friday  
1:00 p.m. – 3:00 p.m.

Participants may attend one cooking session per week. Call 403-320-8138 to register or for more information. Registration for cooks and children is required.



## What participants say

“I learned that making meals can be quick and easy”

“I never did much cooking at home before, but since I started coming to the kitchen I know that I can actually make things for my family now instead of buying them. I just didn't realize I could do it.”

“Every time I come here I learn something new.”

1116 – 3 Avenue North  
Lethbridge, Alberta  
T1H 0H6

Email: [commkit@telus.net](mailto:commkit@telus.net)  
Phone: (403)320-8138

Funded in part by  
FCSS City of Lethbridge



# Interfaith Chinook Country Kitchen

Free cooking sessions.  
Free programs for children.



Learn to cook healthy,  
affordable meals for you  
and your family. Learn new  
recipes and meal ideas.

## What is the Interfaith Chinook Country Kitchen?

The Interfaith Chinook Country Kitchen teaches individuals and families how to prepare low cost healthy meals. This is a free program where up to six people gather for cooking sessions under the guidance of a nutrition specialist while children enjoy activities with an Early Childhood Educator.

Participants work independently to prepare two different recipes while children are lead through activities and exploration through play, music, and art. The playroom is right next to the kitchen so parents and children can see one another.



## What are the benefits of attending?

- There is no cost and you take home the food you make.
- Learn new recipes and healthy meal ideas.
- Children have fun playing and learning.
- It is a great opportunity to meet new people.
- Receive information on parenting, child development, nutrition, budgeting, meal ideas and food safety.

## Who can attend?

- Parents
- Individuals
- New Canadians
- Students
- Seniors
- Groups of friends

## What does it cost?

Through the collaboration of community partners, everything needed for the cooking sessions is available at no cost to you.

