

Legal Community Services in Partnership with Families First Society offers  
**CREATIVE KITCHENS**

**WHAT** is Creative Kitchens?

A group of 8 people who meet once per month to plan, shop and prepare 4 nutritious meals to bring home for their family.

Registrants purchase bulk and cook together, helping them to save time and money. Another bonus being involved with Creative Kitchens is, registrants get to socialize with others, share recipes, along with learning new cooking skills or just improving on the skills they already have. All meals are freezable. Eg. lasagna, chili, stews, casseroles, soup etc.

**WHO** is Creative Kitchens for?

Anyone over 17 yrs old and is interested in:

- Sharing and Developing cooking skills
- Spending 6 hours per month to plan, shop & cook as a group
- Having ready made meals in freezer
- Lowering the cost of meal preparation
- Meeting new people and having fun
- Stretching your food dollars

**WHEN:** once per month September 2009- June 2010

**WHERE:** Legal School Lunch Room

**DATE:** TBA (prep day) Sept. - (cooking day) Sept.

**TIME:** TBA (prep day) 10:00-12:00 – (cooking day) 9:30-1:30

**COST:** \$20.00/month

*Only 8 registrants per month, Registration will be on a first call first served basis  
To Register call Sandra Kerkhoff toll free @ (780) 413-9153 then 998-5595 ext. 227  
Free Childcare provided while attending Creative Kitchen Program*



