

MIND YOUR FOOD

Virtual Cooking Classes
for Youth ages 13 - 19

Starts Weds January 19th, 2022.


To register contact Ihssan.ijamal@norwestcoop.ca or
204-806-3972



NorWest Co-op
COMMUNITY FOOD CENTRE



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NorWest Community Food Centre is offering a weekly virtual cooking class series called “Mind Your Food” for youth ages 13-19. This program will run from 4:30pm- 6:30pm every Wednesday for 10 weeks starting Weds, January 19th, 2022.

During Mind Your Food, we will explore the relationship between food and well-being through hands-on learning with professional chefs, home cooks, farmers and story tellers. Throughout the program we will discuss the connection food has to mental well-being, explore different food traditions and plan a small way to give back to our community. We would like to take participants outdoors to the land to cook a meal over a firepit while learning about nature. Most weeks we will cook together. The ingredients needed for these classes can be picked up at NorWest Community Food Centre at unit 103- 61 Tyndall Ave. If this is an issue please contact Ihssan or Camille to see if we can make alternate arrangements.

There is NO COST to register or for the ingredients.

Registration is required. Contact Ihssan to register: ijamal@norwestcoop.ca or 204-806-3972.

An honorarium is available for participants who attend 9 out of 11 classes.

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