



When are the cooking classes?

Two hour cooking classes are offered Monday to Friday. There are both morning and afternoon classes. Cooking participants may attend one cooking session per week, and registration is required both for cooks, and for any children coming with them.


To register, simply call 403-320-8138.


For more information:

403-320-8138

interfaithfoodbank.ca

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Healthy eating on a limited budget!

Learn to cook

simple, healthy meals &

take home what you make!

What is the Interfaith Chinook Country Kitchen?

Interfaith Chinook Country Kitchen was created in 2005 through a unique partnership between Interfaith Food Bank and Family Centre. This community kitchen programming provides **free** cooking classes under the guidance of our Kitchen Coordinator, intended to teach healthy eating on a limited budget.

Focussing on readily available ingredients and simple recipes, these classes are open to all interested community members. And after each class, participants take home the food they have prepared!

During the cooking classes, activities for preschool-aged children are provided by an Early Childhood Educator while the adults cook. The playroom is right next to the kitchen so caregivers and children can see one another.



What's so great about these classes?

- The programming is FREE, and you take home the food you make!
- It's a chance to learn new recipes and healthy meal ideas.
- It is a great opportunity to meet new people,
- Children have fun playing and learning with others.
- Information on nutrition, budgeting, meal ideas, food safety, parenting, and child development is available from our Kitchen staff.



And . . .

With the addition of Interfaith Learning Garden in 2013, summer and fall classes now also include a "farm to table" element allowing participants to use freshly picked garden produce, and occasionally bbqs and forno ovens, to add variety to their experience!



Who can attend?

- Interested adults
- Students
- Seniors
- Community Groups or groups of friends
- Parents

There is no cost to participants of the cooking classes, simply call our Kitchen Coordinator at 403-320-8138 to register!

We also offer youth programming!

Learning to cook can be fun - and helps to encourage a healthy relationship with food. Our youth programs focus on building skills, confidence, and friendships with others excited about cooking.

Programming is available for youth aged 3-14 years old.

See our Youth Programs brochure for more information on Big Chef Little Chef, Kids in the Kitchen, and Young Chefs.