

Cooking Out of the Box



The Stonegate CHC is offering cooking sessions with our registered dietitian. Learn new recipes that focus on preparing fresh fruits and vegetables while keeping affordability, nutrition and seasonality in mind.

At each session, two recipes will be prepared using the contents of the Good Food Box. Sessions will be held from **6:30 - 8:00 pm** at the Stonegate CHC, 150 Berry Road, on:

- **Tuesday, January 26th, 2010**
- **Tuesday, February 23rd, 2010**
- **Tuesday, March 23rd, 2010**

Registration is required, as space is limited

For more information or to register, please contact Julia at the Stonegate CHC at 416.231.7070 ext. 229.