

COLLECTIVE COOKING



Collective Cooking is a program where a group of people cook food together.

Participants have input into recipe ideas and make minimal payment to help cover the cost of food items. Our program aims to have each person take home 10 meals at a session. You can cook for one or for as many as are in the home.

A Collective Cooking program is a great way to develop skills in preparing healthy, delicious and affordable meals while having fun, making new friends and learning about healthy eating and meal planning.

The benefits of the program.....

- ✓ improving skills in making healthy, affordable meals
- ✓ having fun
- ✓ meeting new people and working as a team
- ✓ building a sense of community
- ✓ saving time & money through group buying and cooking together
- ✓ trying new foods and recipes
- ✓ sharing skills and knowledge with the group
- ✓ learning about food safety and Canada's Food Guide

Who can join.....

- seniors
- people with limited time to make meals
- new moms; single parents; young adults and teens
- people with a low income
- immigrants
- MEN
- people with medical conditions
- people wanting to learn cooking or meal planning skills

Contact us if you are interested in bringing this program to your area!

Healthy Cooking on a Budget



COLLECTIVE COOKING



**Wholesome meals cooked at a rate of \$3.50 per person.
Approximately 10 menu items will be cooked at each session.**

Must pay in advance by date noted.

Sample Menu with payment info:

| LOCATION | RURAL AREA |
|------------------------|--|
| DATES | Saturday |
| TIME | 9:30 a.m. – 3:00 p.m. |
| LOCATION | |
| REGISTRATION & PAYMENT | No later than the 2 nd Friday prior to cook date. Example: If cook date is on Feb 25 th then payment must be in by Feb 17 th . |
| SAMPLE MENU | <ul style="list-style-type: none">~ Amazing Chicken~ BBQ Beef~ Chicken Mamma Mia~ Ham Steaks~ Hearty Hamburger Soup~ Lazy Man's Lasagna~ Lemon Pepper Chicken~Sweet & Sour Meatballs~Tri-Colour Chicken Casserole~ Zippy Pork Chops |
| PRICE BREAKDOWN | Cooking for 1 = \$ 35 Cooking for 2 = \$ 70 Cooking for 3 = \$105 Cooking for 4 = \$140 Cooking for 5 = \$175 |

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