

# Community Kitchens

A Community Kitchen consists of a group of people who meet regularly to plan, budget, shop for and cook nutritious meals for themselves and their families.

They are great places to meet friends, learn new skills, share tips and have fun.



The children go into the children's program while their parents are planning and cooking. When lunch time comes, the parents, children, staff and volunteers come together to share a meal.

Families then take home the meals they have prepared.

*Program details and registration available at [www.familiesfirstsociety.ca](http://www.familiesfirstsociety.ca).*