

# Norfolk Pregnancy & Family Resource Centre Presents



## What is You're the Chef?

You're the Chef is a cooking program designed to help develop the skills and confidence necessary to prepare healthy and tasty recipes emphasizing vegetables and fruit.

Along with recipe preparation, participants are taught basic kitchen safety, food safety, cooking techniques (such as how to use a knife properly) and healthy eating principles based on Canada's Food Guide.

**Where?** 37 Robinson St

**When?** Tuesdays January 22<sup>nd</sup> to April 2<sup>nd</sup>

**Time?** 10:00am -12:00pm

**Who?** Dads and/or Moms (with children 0-12 years old)

Childcare will be provided

**Limited spots available – Register today**

Register in person | 519-428-2177 | [bethg@norfolkpc.org](mailto:bethg@norfolkpc.org)

**Health and  
Social Services**  
Haldimand and Norfolk