

Norfolk Pregnancy & Family Resource Centre Presents



WHAT: 9-week program

To learn how to develop skills and confidence to prepare healthy and tasty recipes emphasizing vegetables and fruit. Participants are also taught basic kitchen safety, food safety, and cooking techniques

WHEN: To be announced

WHERE: 37 Robinson St. Simcoe

WHO: Dads and / or Moms (with children 0-12 years old)

Norfolk Pregnancy & Family Resource Centre

For more information or to register:

Call 519-428-2177 | Email info@norfolkpc.org | www.norfolkpc.org

Health and
Social Services
Haldimand and Norfolk