



Walk, Shop & Chop: Intergenerational Indian Food

Prep Day: Wednesday, June 27, 12:30–2:30p.m.

Cooking Day: Thursday, June 28, 9:30 a.m.–12:30 p.m.

Cook a delicious, nutritious rice and lentil pilaf, green salad and saveya with **Nasseem**
Then enjoy cookies for dessert, made by children and their parents.

Meet at Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory
www.mnph.org

Please sign up at the front desk or contact

Omnia El Shayeb, Seniors Programmer:
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