



Walk, Shop & Chop: Vegan Food

Prep Day: Wednesday, August 29, 12:30–2:30p.m.

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

Cook a delicious, nutritious meal of Moroccan spiced chick peas with sweet potato, carrot super slaw with edamame, followed by chia seed pudding by **Edie**.

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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