CONNECTION. CELEBRATION. ENGAGEMENT. LEADERSHIP

Youth Programs

Bring on the HEAT!

2nd and 4th Fridays of the month, 4:30–7:30 p.m.

Do you love food? Do you like cooking or want to learn?
Do you want to share your skills and earn honoraria/volunteer hours?

Our **Bring on the HEAT (Healthy Eating & Attitude for Teens)** program provides a fun, engaged, and hands-on learning experience for diverse youth, ages 13 to 19!

Explore:

- healthy eating principles and practices
- food security and food justice
- diverse cultural approaches to cooking
- our relationships to food

Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

For more information, please contact:

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community food centres CANADA cfccanada.ca

ASSOCIATION OF NEIGHBOURHOOD HOUSES BC

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