



Let's Make a Meal!

Connecting Newcomer Youth Program

- For newcomer ages 15-24 to develop food literacy skills through Let's Make a Meal!
- Learn how to cook in our state of the art Community Kitchen alongside a Red Seal Chef!
- Make Canadian dishes such as pizza and poutine as well as dishes from around the world!
- Take home a meal that you made to share! Make new friends!
- Develop community connections with Canadian community members!



6-WEEK SESSIONS Starting:

- April 4 – May 7
- July 11 – August 15
- October 3 – November 7
- January 16 – February 20

Classes will be held every Tuesday evening from 4 pm – 8 pm

To register or learn more about this new program

Call 519-944-4900 *(ask for Lakhdeep)*

Located at 6955 Cantelon Drive, Windsor
(Ottawa 4 Bus to the front door)

Visit us at www.uhc.ca

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