

Food Skills for Families

In the Food Skills for Families Program, Settlement Workers in Schools work in partnership with Diabetes Association of Canada in encouraging and teaching healthy cooking in a fun, relaxed atmosphere.

The program strives to enhance cooking confidence and skills with a focus on improving healthy eating choices and increasing fruit and vegetable consumption, including workshops around budgeting and shopping efficiently and effectively. The program features a best practice core curriculum to assist Punjabi, new immigrant and low income participants to make healthy food decisions.

Target Participants: Stay-home parents and caregivers of immigrant students

For further information or questions about the Food Skills for Families Program please speak with your Settlement Worker in Schools or contact the Welcome Centre at 604-543-3060.

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SD36 English Language Learner Welcome Centre

Unit #120 - 7525 King George Boulevard. Surrey, BC V3W 5A8

Phone: 604-543-3060 / Fax: 604-592-2139 / www.surreyschools.ca/welcomecentre