

Websites



Food Bank

604-271-5609

www.richmondfoodbank.org



**Richmond Food
Security Society**

www.richmondfoodsecurity.org



<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



Photo by: Pete Jelliffe

**Vancouver
CoastalHealth**

Promoting wellness. Ensuring care.

Richmond Public Health
8100 Granville Avenue
Richmond, BC V6Y 3T6



Cooking Programs in Richmond
January 2016

Low Cost / No Cost Cooking Programs in Richmond



Photo by: John "Jay" Glenn

Richmond Public Health
604-233-3150

LOW COST / NO COST COOKING PROGRAMS IN RICHMOND



Senior's Cooking Club (55+)

East Richmond Community Hall
12360 Cambie Road

To Register:

www.richmond.ca/register
or call: 604-276-4300

Sessions: Last Thursday of the month
1:00 p.m.— 3:30 p.m.

Cost: \$6.00 per session

Foster Parent Community Kitchen

Garrett Wellness Centre
7504 Chelsea Place

Cook a family meal to take home. Connect with other foster parents and extended family caregivers.

To Register:

Family Services of Greater Vancouver
Holly: 604-874-2938

Sessions: Once per month
Cost: Free

(Child minding provided for foster parents & extended family caregivers)

Stir It Up Youth

*A space for youth (13—21) to cook together and connect with others. This program is **BY REFERRAL ONLY***

Cost: Free

To Register and for time & dates information, please call or email contact info below:

Tel: 604-244-7377

Email: coordinator@richmondfoodsecurity.org



Cooking Sessions at Richmond Community Centres

To Register: 604-276-4300

For more information, go to:

Richmond.ca/parksrec/about/guide.htm

Or

Pick up the current Parks, Recreation and Culture Guide at any community centre.

Cost: Varied

Community Kitchens—Richmond

Family Services of Greater Vancouver

Community Kitchens help you learn about healthy cooking on a limited budget and to connect with others in the community.

To Register:

Please contact Mino Javadi of FSGV

Email: mjvadi@fsgv.ca

Tel: 778-885-5165

Sessions are twice per month at each location unless otherwise indicated

Caring Place

7000 Minoru Blvd, Room #345

10:00 a.m.—12:30 p.m. (Wednesdays & Thursdays)

Gilmore Park Church

8060 No. 1 Road

10:00 a.m. — 12:30 p.m. (Tuesdays.)

South Arm Community Centre

8880 Williams Road

10:00 a.m.—12:30 p.m. (Wednesdays)

Child Care Available for this session

East Richmond Community Hall

12360 Cambie Road

1:00 p.m.—3:30 p.m. (Mondays)

Senior's Kitchen

East Richmond Community Hall

12360 Cambie Road

1:00 p.m.—3:30 p.m.

Last Thursday of each month

Call Mino for location, dates and times for each sessions.

