



DSLG will be offering groups in Brockville and Prescott that can assist with learning how to prepare delicious economical meals using food items that can be obtained from the local Food Bank and the Salvation Army Good Food Boxes.

Eating healthy meals makes sense and learning the skills needed to make these healthy meals while staying within a grocery budget is what will be taught. After each session, portions will be divided evenly so that each participant can take meals home with them. Also at the end of the group, a recipe book of the meals that were prepared during the group will be given to each participant.

The Brockville Group will be offered on the 2nd and 4th Friday of each month,
commencing
March 15th 2019 through to May 24th 2019
from 1:00pm - 4:00pm at 38 Buell St., Brockville.

The Prescott Group will be offered the 1st and 3rd Wednesday of each month
during the period of
April 24, 2019 through to July 3rd, 2019
from 1:00pm - 4:00pm at 277 King St. E, Prescott

For further information, please contact
Susan Birtch at 613-345-1290 Ext. 157