



# Virtual Family Batch Cooking

For anyone age 18+

A **FREE** virtual cooking event. Join us in making freezer meals that you can have ready in no time on busy days! Ingredients will be delivered.

Tuesday October 20th  
Tuesday November 17th  
Tuesday December 15th  
2-3PM | On Zoom, a virtual platform

Contact [dietitian@sixnations.ca](mailto:dietitian@sixnations.ca) or 226-388-0440 to register. Registration closes a week before scheduled class.

