

## Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations



# Let's Cook and Chat

Join us online to learn about Canadian food and cooking

Sessions are held on  
Wednesdays, 10:30am--12:30pm

Nov 23: Healthy Eating & Smart Shopping  
Nov 30: Cook quick and healthy meals  
Dec 7: How to bake meals in the oven

To register, please scan:



For more details, please email to:  
[daliq@burnabynh.ca](mailto:daliq@burnabynh.ca) or call 236-877-2616

[www.burnabynh.ca](http://www.burnabynh.ca)

*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.*



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(604)431-0400

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