



Guelph CHC
growing healthy together

Wandering Chefs

Do you struggle with eating well on a tight budget?

Join us monthly for our drop-in Wandering Chefs program where we turn foods from a Garden Fresh Box into a healthy, delicious meal.

You will learn hands-on about meal planning, shopping for healthy foods and how to cook tasty, low-cost meals.

**No Cost
Meal Provided**

Wandering Chefs

Day: 3rd Wednesday of the month
Time: 3:30-7:00pm
Location: Guelph CHC Downtown Site
176 Wyndham St. N.

Wandering Chefs is a group meal planning, shopping and cooking program for adults and families who struggle with eating well on a limited income.

This free program is designed to:

- Learn new cooking skills & recipes
- Get tips on how to shop for and create healthy meals
- Meet other people
- Enjoy good food

**For more information please contact
Guelph CHC's Registered Dietitian
at 519-821-6638**

**Interested in Volunteering?
Contact our Volunteer Coordinator
at ext. 326**



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www.guelphchc.ca • 519-821-6638