



THE GOOD FOOD ON THE MOVE



AFTER SCHOOL FAMILY COOKING PROGRAM

The Nepean Rideau and Osgoode Community Resource Centre invites Nepean Housing children, youth and their families in the community to register to receive a FREE box of fresh fruit and vegetables

AND

to cook up new recipes using the ingredients that come in your box. This program is for children ages 6-13. ***Please note, parent supervision required for this program.***

Cooking classes will take place on Zoom on thursdays between 4:00-5:00pm. An NROCRC facilitator will contact you with the login details.



Click Here to Register!

<https://www.cognitoforms.com/TheNepeanHousingCorporation/WaiverFormGoodFoodBoxes>

Questions? Contact Amanda Awwad
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