

# Agir<sup>et</sup> alimenter

**Personalized food  
transformation cooking  
workshops near you.**



## WHAT IS IT?

Cooking workshops offered in municipalities across the Des Sources region.

It's free

It's cooking in groups of 3-4 people.

All the ingredients are supplied.

Each participant brings home the meals they prepared.

It's revalorization of food surplus in collaboration with *Cuisine amitié*.

## WHO IS IT FOR?

This project is intended primarily for people whose current situation presents an obstacle to healthy eating.

Restricted access to healthy food

Scarce budget

Lack of culinary knowledge

Health

**FOR MORE INFORMATION:**

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**RENDU POSSIBLE GRÂCE À :**

Contribution financière :



Agence de la santé  
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Agency of Canada



With the participation of schools  
in the Des Sources region.