

Agir^{et} 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:

873 498-0370
transfo.cdc@cdcdessources.com
www.cdcdessources.com

RENDU POSSIBLE GRÂCE À :

Contribution financière :



Agence de la santé
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Public Health
Agency of Canada



With the participation of schools
in the Des Sources region.