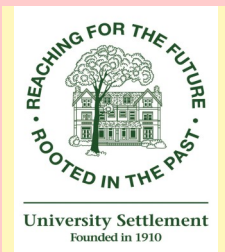


Moneywi\$e

Veggie Chef\$



In collaboration with:
Toronto Public Health, Consolidated Credit Counseling Service & St. Christopher House (FAPS)



Join us for an exciting new interactive program that combines Healthy Meal Preparation with Financial Literacy!

In 10 weeks (November to February 2013) you will learn:

- Food Handling and Safety
- Canada's Food Guide: Menu Planning, Food Budgeting, Meal Preparation, Reading Food Labels
- Budgeting Made Easy
- Shop Smart and Save
- Credit in a New Country
- Consumer Awareness
- Income Statement and Cash flow

Registration Date:

From October 29, 2012

Program Date:

November 5 to February 8, 2013

Location:

Staff Lounge
University Settlement
23 Grange Road
M5T 1C3

Hurry!!
Space is limited

For more information and Registration:
Contact: Dolma @ 416-598-3444 Ext. 232
Email: tsering.dolma@universitysettlement.ca

In order to participate, you must:

- Be a resident of Toronto
- Have low-income and/or are unemployed
- Have no previous business background
- Be willing to attend the program on a regular basis
- Have interest in cooking and sharing healthy recipes with the group
- Be fluent in English

