



WI Caring Kitchens Series
Farm Centre, Charlottetown, PE
Wednesday, March 16th 3:30-6pm
Tuesday, March 22nd 4-6:30pm
Tuesday, March 29th 3:30-6pm



Registration Form

Name: _____

Age: _____

Phone #: _____

Email: _____

Address: _____

Postal Code: _____

Food allergies: _____

Where do you normally grocery shop? Please check all that apply

- Walmart Sobeys Superstore Farmers Market Shawn's No Frills Foodland
 Wherever has the best deals Wherever my ride goes I do not grocery shop Other _____

How often do you grocery shop in a month?

- Few times a week Once a week Every two weeks
 I do all my grocery shopping at the first of the month and try to make it last until the following month

Please rate your knowledge to help us determine what topics to cover at our Caring Kitchens Sessions

	<i>I know a lot but would like to hear more</i>	<i>I know a little bit and would like to learn more</i>	<i>This doesn't interest me</i>
1. Healthy eating – Canada's Food Guide	○	○	○
2. Eating on a budget	○	○	○
3. Cooking basics such as measuring, preparation and knife skills	○	○	○
4. Proper food handling and storage when cooking or putting away leftovers	○	○	○
5. Using grocery store flyers to find deals	○	○	○
6. Where to access resources in my community	○	○	○
7. Gardening and growing my own food	○	○	○
8. Reading food labels	○	○	○
9. Grocery shopping and navigating the store	○	○	○
10. Meal planning for the week	○	○	○

What topics would you like to see covered that were not mentioned above?

Do you have a car? Yes No

If no, how do you usually travel? Bus Taxi Friend Walk Other _____



For more information please contact:
 Email: wi@gov.pe.ca or Phone 902-368-4860



HEART & STROKE FOUNDATION