



# *WI Caring Kitchens*

*A Mentoring Kitchen*

**Are you interested in budgeting, purchasing and cooking  
your own nutritious home made meals with a mentor?**

**Join us in at a PEI Women's Institute's WI Caring Kitchen!**

**Featuring:**

- Three cooking sessions at the Farm Centre with WI members, Certified Chef and Nutritionists!  
This all age program will build your food knowledge and skills.
- WI Caring Kitchen Tip Booklet—includes recipes, tips, and local resources.
- WI Gift Package!

**The program:**

- **March 16 (Wednesday 3:30-6pm)** —Nutrition and kitchen basics, Budgeting, Grocery Store Tour, and Biscuit Baking.
- **March 22 (Tuesday 4-7pm)**—Budgeting with Flyers and Coupons; and Meal Preparation\*
- **March 29 (Tuesday 3:30-6:30pm)**—Meal Preparation with Chef Jeremie Arsenault, and Seed Sharing.

*\*Meal preparation will be based on grocery specials and may be a combination of soups, casseroles, pastas, meats, poultry, and vegetables dishes to create food skills.*

*\*Each session will incorporate community resources where possible.*

*\*Participants will contribute a small fee of \$10 for the entire program.*

*\*Meal or food item taken home from each session.*

*\*Participants will receive a surprise gift package valued at approximately \$25!*

*\*WI's mentoring kitchen is perfect if you are on an economical based budget!*

**To register:**

Fill out the attached registration form and send by fax to 902-368-4439, or email [WI@gov.pe.ca](mailto:WI@gov.pe.ca) or by calling 902-368-4860 **by Friday, March 11.**

**Cost:**

**A \$10 fee will be collected on the first night to cover food costs.**

*In partnership with PEI Heart and Stroke Foundation*  
Special thanks to WI members, Dr. Heather Keizer, Ms. Livia Oatway, Miriam Lank,  
Chef Jérémie Arsenault and The Farm Centre.

