



karis 
Disability Services

Budget Bites

New Location!

Dates: April 8 to June 21

Cost: \$250

Time: 1:00 - 2:30 pm

Where: **119 Eddystone Ave, Unit 119**

- Learn to cook on a budget
- Make Simple Meals
- Intro to Food Safety
- Learn to shop with flyers

Register on:



 **MyCommunityHub**

