

Who should take this class?

- *Those who want to do better with food budgeting.*
- *Those struggling to balance the household budget.*
- *Those who want to learn how to cook smarter.*
- *Those using food bank services.*

EMPOWER YOURSELF!

SCHEDULE OF SESSIONS

Every **Wednesday** from **11am - 2 pm**
at the Wood Buffalo Food Bank office.
(or otherwise stated)

*For specific dates and location
please contact our office for
more information.*

Program Facilitator:

Yvonne Ormson
(780) 743-1125

(780) 743-9156 (fax)



BASIC SHELF & FINANCIAL LITERACY PROGRAM

*Eating well on a limited
budget!*

Wood Buffalo Food Bank Association

780-743-1125

10117 King Street
Fort McMurray

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INTERESTED IN TAKING THE CLASS?

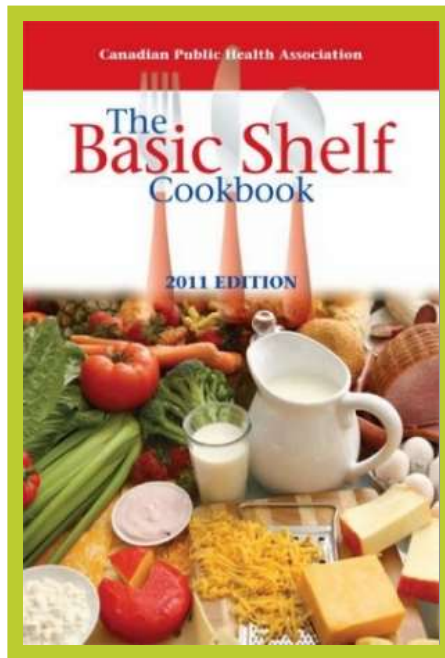
HOW IT WORKS:

- Call and complete the client application. Registration will be completed on a first come first serve basis.
- Attend all 6 sessions, if you miss one you can make it up in the next round of sessions.
- Topics include Assets, Budgeting, Banking, Credit/Debit, & Consumerism.
- Receive a Basic Shelf Food Kit which includes the Basic shelf food list and cookware list.
- Graduate from the program and be able to feed yourself and your family on a small budget with maximum nutrition.

Call

780-743-1125

For more information!



Hours of Operation:

Monday
12 noon – 8 pm
Tuesday to Friday
8:30 am – 4:30 pm
(Closed Statutory Holidays)

The Wood Buffalo Food Bank is Proud to be an Affiliate member of both:



“Compassion is within each of us – it takes so little to show you CARE!”

What is on a Basic Shelf?

Rice
Pasta
Fresh Vegetables
Frozen Vegetables
Canned Vegetables
Fresh fruit
Frozen Fruit
Canned Fruit
Dairy Products
Meat Alternative
Baking Goods
Herbs & Spices
Seasoning
Fresh Meats
Canned Meats
Basic Staples
Cooking Utensils
Pots & Pans & Baking Pans