



# SLOW COOKER PROGRAM!

The Wood Buffalo Food Bank would like to invite you to participate in our new program!

Participants will meet once a week, for a total of 6 weeks.

Each week we will share a slow-cooker meal, discuss a health and nutrition topic, and assemble the ingredients for a recipe for you to take home and prepare for yourself and/or your family in your slow cooker.

*At the end of the program we will have a potluck meal!*



Sponsored by



**FREE FOR ANYONE  
TO JOIN!**

**Where?**

**Wood Buffalo Food  
Bank Office**

**When?**

**\*TBD\***

**Cost?**

**Free! ALL ingredients  
will be provided, along  
with a FREE slow-  
cooker!**

**CONTACT YVONNE AT:**

**WOOD BUFFALO  
FOOD BANK**

10117 King St., Fort  
McMurray, AB T9H 3J1  
780-743-1125

[www.woodbuffalofoodbank.com](http://www.woodbuffalofoodbank.com)