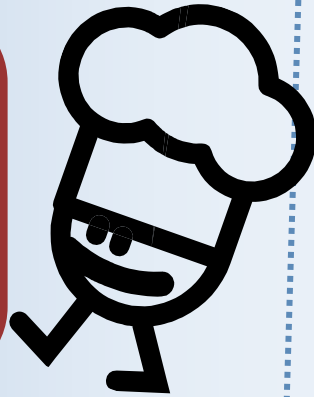


Guys, are you interested in healthy cooking and want to learn more? Join us at CICS for this hands-on cooking program!



Date? Begin Wednesday November 5th,
and held weekly to November 26th

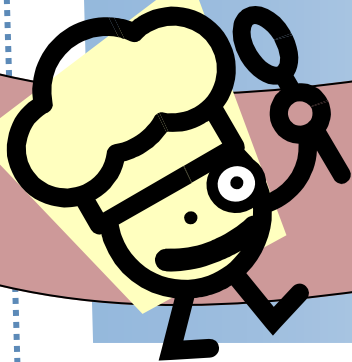
Time? 4:00-6:30 PM

Where? CICS Community Kitchen
2330 Midland Avenue, Scarborough

Who? The program is designed for males
ages 14-24. Low income will receive
priority placement.

To register: Call Jenelle at
416-292-7510 ext. 106 or Email
Jenelle.Regnier-Davies@cicscanada.com

Space is limited!
Low income families will receive
priority placement!



Boys Cook Too!



United Way
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Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

Chef Instructor: Jenelle Regnier–Davies



Some of Jenelle's most notable achievements include attaining 3 gold metals in Canadian cooking competitions, as well as with placing fourth at the World Culinary Olympics as a member of Culinary Team Canada in 2004. Throughout

her ten-year career as a chef, she has worked in notable establishments in England, Banff, and Toronto. More recently, she has become involved in the promotion of healthy eating and community empowerment in the realm of food. She is excited to help you on your way to better cooking and eating! En-

