

summerlunch+ at Home Program

LEARN TO COOK AND SHARE DELICIOUS RECIPES WITH YOUR FAMILY!
SUMMERLUNCH+ IS BACK FOR OUR 7TH SEASON IN PARTNERSHIP WITH
TNO SUMMER CAMPS

Join us for 8 weeks of:

- NEW AND EXCITING RECIPES
- FREE MEAL KITS
- LEARNING MODULES TO HELP YOU UNDERSTAND NUTRITION AND FOOD PLANNING!
- LIVE COOKING DEMOS WHERE WE CAN COOK TOGETHER!



1

Who can attend?

Children
and Youth
ages 7-17



2

When is camp?

Our program begins
on July 7th - first pick
up day! Each week
you will pick up your
meal kit on Thursday
and cook with us on
Friday!

3

Where is camp?

Every Thursday you
will pickup your meal
kit at 53 Thorncliffe
Park Drive from our
excellent Food
Leaders



*EXPECTATIONS: Our program is free and our weekly meal kits, valued at \$35, are also free to families! What we expect in exchange is that your child(ren) fully participate in our program. We want to see your child at the cooking classes and participating in the online classroom EVERY week! If your child misses 2 classes, they will no longer be able to participate and they will not longer receive the free meal kits.

[REGISTER HERE](#)