



KITCHEN



Every Thursday at 5:00 pm, tune in live to watch an engaging cooking demonstration with our Kids in the Kitchen Instructor, Travis Dukelow, Youth and Community Health Worker. All youth are invited to watch by themselves or with a parent/guardian.

Travis will be cooking various, easy-to-make recipes from his home kitchen and kids can follow along, ask questions and interact.

To be included in the live Zoom, please send your email to tdukelow@brockchc.ca to be added to the invite list. Email notifications will be sent a week in advance of what will be upcoming the following week to allow parents to get ingredients from the store.

Parental supervision is suggested while kids are cooking at home.

For more information or recipe suggestions, contact Travis Dukelow, Youth and Community Health Worker, tdukelow@brockchc.ca.