



PACTCooking Contact and Program Info: Eight Week Introductory Project on Mondays from 5:00pm – 7:30pm

Referrals and General Info: Andrea Black 647 967-9991, referrals@pactprogram.ca

Onsite Contact: Taylor Salisbury, 519 702-1815, taylor@pactprogram.ca

Next Start Date: Monday Jan 22nd, 2018 **Time:** Mondays 5:00pm-7:30pm

Schedule / Duration: Project runs for eight weeks on Mondays for 2.5 hours per week for a total of 20 volunteer and instructional hours.

Project Address & Location: The PACTCooking program now runs out of *Artscape Youngplace at 180 Shaw St. in the lower level Sketch programming area.* Artscape Youngplace is located half way between Dundas St. and Queen St. at Argyle St. in downtown Toronto.

Always call or text our onsite contact Taylor Salisbury at 519 702-1815 before coming out on the first day to confirm the project is starting on that date and/or if you have trouble finding the program location.

Program Description: During this eight week introductory project, youth will be taught how to prepare different healthy menus from around the world each week while also learning about nutrition, healthy eating and smart shopping. Each eight week session culminates in a graduation dinner and extra food that is prepared each week is delivered to a food bank or youth shelter.

Public Transit: Artscape Youngplace is within close walking distance of several public transit stops: take the 501 Queen streetcar to Shaw Street and walk north to 180 Shaw St., or the 505 Dundas streetcar to Shaw St. and walk south to 180 Shaw St. or the #63 Ossington bus southbound from Ossington station on the Bloor subway line to Argyle Street and walk east (turn left) on Argyle to 180 Shaw St. See map for exact location:

