





YWCA JUMP is an exciting program for newcomer women, girls and gender diverse people over the age of 13 who are permanent residents, convention refugees, protected persons, live-in caregivers or temporary residents and their dependents from Ukraine and Gaza. Proof of immigration status must be provided.

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5
 416.964.3883 | ywcbtoronto.org/jump |     

VIRTUAL COOKING CLASS

Kabocha Squash & Green Beans Coconut Soup with Rice
Facilitated by FoodShare Toronto



PHOTO CREDIT: FOODSHARE



PHOTO CREDIT: ISTOCK

Friday, February 21, 2025 | 11a.m.-1:30p.m.
 Online on zoom | [Click here to register.](#)

Food is about more than what’s on the plate, it is also about how it got there, and the role people play in the food system. Join this cook-a-long virtual workshop, where you will:

- Cook **Kabocha Squash and Green Beans Coconut Soup with Rice** in the comfort of your home.
- Engage in a group discussion while you cook the meal.
- Learn about food security, nutritional education and the importance of food justice in Canada.

You will receive a home delivery of foods and ingredients the day before the virtual cooking class.

This workshop is brought to you by Right to Food by FoodShare, a food justice organization advocating for the right to food and challenging the systemic barriers that keep people from accessing the food they need to thrive.



SCAN TO REGISTER

For more information, please contact us at **416.964.3883** or jumpetobicoke@ywcbtoronto.org

JUMP Etobicoke is offering services under a hybrid format. In person or individual appointments can be requested. Participants and visitors are required to self-screen for in-person appointments.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*



NATIONAL ADVOCACY. COMMUNITY ACTION.



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Immigration, Refugees and Citizenship Canada

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