

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 | ywcatoronto.org/jump | **(f) (y) (0) (n) (D)**









VIRTUAL COOKING CLASS

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





PHOTO CREDIT: FOODSHARE

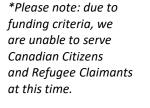
Friday, February 21, 2025 | 11a.m.-1:30p.m. Online on zoom | Click here to register.

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.



JUMP Etobicoke is offering services under

a hybrid format.

and visitors are

for in-person

appointments.

In person or individual

required to self-screen

appointments can be requested. Participants



SCAN TO REGISTER

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







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