



## Family Services

of Greater Vancouver

# The Nibbler

A Newsletter about Neighborhood Cooking Clubs for Richmond Residents

## Summer 2011

### COOKING CLUB UPDATE

#### Richmond Caring Place

Address: 7000 Minoru Blvd.

Time: 10 a.m. to 12 p.m.

Meets every second Thurs.

#### Gilmore Park

##### Community Church

Address: 8060 No. 1 Rd.

Time: 10 a.m. -12 p.m.

Meets every 1st and 3rd Wed.

#### South Arm

##### Community Centre

Address: 8880 Williams Rd.

Time: 10 a.m. -12 p.m.

Meets every 2nd and 4th Wed.

#### Seniors' Community Kitchen

South Arm Community Centre

Address: 8880 Williams Rd.

Time: 10:00-12:00pm

Meets every 2nd & 4th Tues.

#### Young Parent's Kitchen

Garrett Wellness Centre

Address: 7504 Chelsea Place.

Time: 12:30-2:30pm

Meets every 2nd Weds.

#### Foster Parent's Kitchen

Garrett Wellness Centre

Address: 7504 Chelsea Place.

Time: 9:30am-12pm

## Have a Fun & Affordable Summer!

### 8 Budget Friendly Grocery Stores in Richmond.....

#### 1. Langley Farm Market

Locates in Lansdowne Mall. It is a great place for fresh and Affordable produce.



#### 2. City Fresh

Locates on No.3 Road and Ackroyd Road. It is a low cost Asian filled with fresh vegetable, meat, and seafood.

#### 3. Super Grocer

Locates on No. 1 and Moncton. It is a great local food market in Steveston. You can always find a good deal on food.

#### 4. China World/Rice World

Locates on Odlin and Garden City. It is a great option for those who enjoy low cost Asian rice, snacks, noodles and more.



#### 5. Fruiticana

Locates on No.5 and Cambie Road in Delta Shopping Centre. It is a great choice for fruits, vegetable and more.

#### 6. Jia Jia Market

Two locations: No.1 & Westminster Hwy, Blundell & Garden City. It has great selection of produce and is conveniently located at two ends of Richmond!

#### 7. Richmond Public Market

Locates at Saba Road and Buswell. It provides a lot of affordable meat, vegetable, and fruit options.



#### 8. Red Carrot Farm Market

Locates in Seafair shopping mall on No.1 and Francis. It is a great market for fresh local produce.

For more low cost grocery stores, local farms, and community garden, please visit [www.richmondfoodsecurity.org](http://www.richmondfoodsecurity.org). Click on food map.

### Kitchen Updates.....

- The "GROW" Launch Party was a HUGE SUCCESS!!  
A big thank you to all those who volunteered and came out to the GROW Launch Party on Saturday May 7 at Alderwood Place. Congratulations to Seema and Anuiska for helping name the garden. The GROW garden is named Ziba Alderwood Paradise.
- Visit [www.chowtimes.com](http://www.chowtimes.com) for recipes that we have used in our community kitchens.
- We are on FACEBOOK!  
Want to hear updates about the kitchens or stay in touch with other members? Check us out on Facebook under the name "FSGV Community Kitchen".



