



Port Alberni Association for Community Living

PAACL NEWS

We Cook is a very popular and hugely successful program facilitated by the Semi-Independent Living Program (SIL) that provides the opportunity for individuals to learn basic food preparation skills with an emphasis on Food Safe practices and how to work within a budget. Recipe reading, healthy food choices and appropriate portion size are also a focus of learning and discussion. Each week, the group prepares five complete meals and recipes are provided for each dish so they can be made at home.

Of course, Covid-19 has restricted the ability for individuals to attend this program over the past few months but it hasn't stopped the incredible program staff of SIL and Connections continuing this support. Each week, these delicious meals are prepared by the staff and safely delivered to each and every individual involved with the program. This not only provides the individuals with healthy, economical meals, it also provides an avenue for safe contact and connection between the staff and person-served during these very trying times...Kudos to our frontline workers!!



BE KIND. BE CALM. BE SAFE. — Bonnie Henry