

MANY HANDS - Community Kitchens share their Best

Vancouver Community Kitchen participants, working with Karen Barnaby, executive chef of the Fish House in Stanley Park, share their favourite recipes and proudly present their first fundraising project: **Many Hands Cookbook!**

- over 130 diverse recipes plus practical cookery tips
- each recipe scaled to accommodate small and large groups
- learn more about community kitchens in Vancouver and how to get involved

The cookbook is \$14.95 each . All orders must be prepaid. We accept cheque, money order or credit card. For orders of 3 books or more, shipping & handling will be charged – please contact us for shipping costs at 604-876-0659 ext 105 or at darlenet@foodbank.bc.ca

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