

The countdown to the Holiday season is on!

Time to start planning - festive home décor, holiday menu, and gifts for colleagues, family, and friends. "Recipes from the Heart" will make a great gift for the home cooks in your life. They can choose from over 50 tested recipes – classics like Yorkshire Pudding or something new like Red Lentil Dal.

Purchase a copy of the book and browse through 120+ pages of stories, recipes, and photos for inspiration and new dishes to add to your table this Holiday Season.



Gift family and friends a book full of love, stories, and recipes this holiday season.

\$30 each, plus shipping

Holiday Special:

10% off, when you order 5-10 books
20% off, when you order 11-20 books
25% off, when you order 21 or more books



To order, contact Wingsi Kan (wingsik@uwbc.ca or 604-239-4410) or scan QR code for order form.

"Recipes from the Heart", published by United Way Healthy Aging in October 2022, includes a collection of stories and recipes from seniors, their family, and community organizations across BC. We are grateful to Odlum Brown Limited for their support in creating and publishing the recipe book.

United Way Healthy Aging recently launched "Recipes from the Heart" a collection of over 50 stories and recipes from seniors, their family, and community organizations across BC. When we set out to create this recipe book, we started with the underlying philosophy that food brings people together. When friends, family, acquaintances, or strangers share a meal, they bond. Sharing a meal reduces loneliness, it gives an opportunity to share wisdom and experiences, and facilitates coming together. We are grateful to Odlum Brown Limited for their support in creating and publishing the recipe book.



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