

Community

Conversation Circles

INSPIRING CONFIDENCE IN THE KITCHEN WITH LOCAL,
FRESH, AND SUSTAINABLE INGREDIENTS

WHAT

The Community Conversation Circles will help to inform the
Sustenance Project.

The Sustenance Project is an initiative to work with a chef to
learn how to cook quick, healthy, and simple meals.

WHY

We want to hear from you to ensure that your voice is heard
and your input informs the project

WHEN

1 hour sessions in June and July in Richmond. Dates and
location to be confirmed.



TALK TO US

Urban Bounty: 604-244-7377

Dena Kae Beno: 604-773-8240

Dena Kae Beno: denakaeb@gmail.com

Ian Lai: ian@urbanbounty.ca

Contact us for more information or to sign up. Participants 55+ will receive
an honorarium at Metro Vancouver living wage of \$20.52 for your
participation. Participants 55 and under are welcome to participate but will
not receive honorarium.