



Once trained you will have the tools to help with cooking clubs, gardens, school food, farmers markets, displays...

Do you have time and passion to be a part of this adventure?



To register please contact United Way 658-1212

Do You LOVE Food?
Do you Love People?
Do you want to make a difference?

Become a
Community
FOOD MENTOR



Maximum 15 spaces

Please let us know if you need help with transportation and childcare.



Workshop series to learn about food



**An Exciting Learning
Opportunity
for
people who want to
share their
LOVE for FOOD!**



Each day of training we will prepare and enjoy lunch together.

- ◆ Quick and Easy Meals
- ◆ Kid Friendly Dishes
- ◆ Cooking on a Budget
- ◆ Vegetarian Meals

Explore:

- ◆ What is a Community Food Mentor?
- ◆ Power of Food
- ◆ Canada's Food Guide
- ◆ Food Security
- ◆ Buy local
- ◆ Community Kitchens, Gardens
- ◆ Food Certification

**COMMUNITY FOOD
MENTOR**

**FREE 5 DAY TRAINING
COURSE:**

May 3

May 10

May 17

May 24

May 31

9:00 am - 3:00 pm

St. John's Stone Church

87 Carleton Street

