

From Garden to Pantry

Food Preservation Workshops 2010

- Learn from a Home Economist how to preserve garden produce by blanching and freezing, canning and dehydrating.
- Learn the safest methods of food preserving
- Try some new recipes
- We welcome those new at preserving or with experience

Workshops

Carberry	Tuesday, August 3 <i>Location:</i> Community Hall <i>Facilitator:</i> Susan Proven	7–9 p.m.
Virden	Wednesday, August 4 <i>Location:</i> Sacred Heart Parish <i>Facilitator:</i> Joan Clement	7–9 p.m.
Hamiota	Thursday, August 5 <i>Location:</i> Chumah Hall <i>Facilitator:</i> Joan Clement	7–9 p.m.
Killarney	Thursday, August 12 <i>Location:</i> New Life Assembly Church <i>Facilitator:</i> Susan Proven	7–9 p.m.
Minnedosa	Wednesday, August 18 <i>Location:</i> Ukrainian Hall <i>Facilitator:</i> Susan Proven	7–9 p.m.
Waywayseecappo First Nation	Wednesday, September 8 <i>Location:</i> Health Centre <i>Facilitator:</i> Carolynne Nickel	7–9 p.m.
Treherne	Thursday, September 16 <i>Location:</i> Treherne Collegiate School <i>Facilitator:</i> Susan Proven	7–9 p.m.
Melita	Thursday, October 21 <i>Location:</i> Victoria United Church CE Hall <i>Facilitator:</i> Kay Kristjanson	7-9 p.m.



Please register 3 days in advance by contacting Tanis at 328-5269 or tcoulson@arha.ca

Space is limited, so please register early!

Brought to you by the
Assiniboine RHA
Health Promotion Team



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TOGETHER NOW
CHRONIC DISEASE PREVENTION INITIATIVE

Made possible by funding through the Chronic Disease Prevention Initiative / Healthy Living Youth & Seniors