

COLLEGE ROYAL

# GARDEN2TABLE

*March 16th & 17th 2013*

EVENTS WILL RUN ALL DAY!

## Our Events



### Grocery Store

**LEARN** about the importance of grocery shopping, how to tackle choosing the right foods, and where to find them.

### Composting

**EVER** wonder how you can reduce your impact at home? Composting is a great tool to reduce food waste in landfills.

### Planting Seeds

**PLANT** your very own seed, take it home, and plant it in your yard and watch it grow for years to come!

### Preservation

**LEARN** new techniques for the kitchen. Preservation is a great way to preserve what you have grown in the warmer months of the year, and enjoy them year round.

### Nutrition

**EATING** well is key to a healthy lifestyle. Learn about what you need to know about food labels, Canada's Food Guide, and more!

### Family Cookbook

**TAKE** the time to make a family cookbook for you and yours to enjoy! Cooking as a family gets everyone involved.



PRESENTED BY: CME & HTM

THE WHOLE FAMILY FROM FIELD TO TABLE

LOCATED IN: MACDONALD STEWART HALL, PJ'S IN THE ATRIUM RESTAURANT

### WHAT ARE WE UP TO?

**T**he whole family from field to Table. This year the Garden2Table theme brings experiential learning to everyone, through fun, interactive activities showcasing the connection between garden and table, inside and outside of the home.



**Local chefs** will display Canada's bounty through hands on cooking workshops for adults and children at **11am and 2pm each day!**

