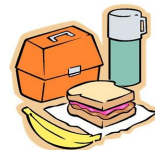


# Healthy Eating Workshop

Preparing quick, easy and  
affordable meals!



Free interactive workshop;  
including food demos on how to  
prepare low-cost and healthy  
recipes.

Bring two containers with lids to  
take home food samples!



When:

Wednesday,  
October 24th

Time:

1:30pm-3:30pm

Where:

Westminster United Church kitchen  
247 Broadway, Orangeville

Sign-up today through the  
Orangeville Food Bank

**519-942-0638**

**[orangevillefoodbank@hotmail.com](mailto:orangevillefoodbank@hotmail.com)**

