



**Annapolis Valley**  
Regional Centre for Education

SchoolsPlus supported by **Slow Cooked Dreams** will be offering a fall session called

## FROM FIELD 2 FORK.

This program is geared towards education and empowerment through food in a fun and interactive way!

Our goal is to:

- Provide basic food preparation skills and safe food handling practices to ensure good health and wellness.
- Promote healthy eating and budget-friendly meal planning for families.
- Create a forum for discussion on budgeting and methods of saving money.
- Increase awareness of the local food-related resources within the greater community.
- Encourage participants with low incomes and/or busy schedules to make healthy meals on a consistent basis.

Come join us! Get a **free CROCK POT** and take home **FREE, delicious, nutritious and local food** for your family!

- Maximum of ten youth per class.
- To register please contact [Marketa.Glenn@avrce.ca](mailto:Marketa.Glenn@avrce.ca) or Roxy Peterson [Roxy.Peterson@avrce.ca](mailto:Roxy.Peterson@avrce.ca) or by phone (902)698-9272.



Slow Cooked   
*Dreams*