



COME TO THE TABLE FOR OUR

# LUNCHBOX TOOLBOX

SCHOOL LUNCH WORKSHOP

MAY 9, 2019 6-8PM

HYLAND HEIGHTS

ELEMENTARY SCHOOL

FREE

Join Headwaters Food and Farming Alliance (HFFA) for a dynamic and interactive evening exploring tools to help you and your family make packing school lunches more enjoyable and sustainable. Open to Primrose and all Shelburne schools.

What is a "healthy" lunch?

How do I talk to my kids about food?

What can I make that my child will eat?

What about cultural, local and seasonal foods?

PLEASE REGISTER BY MAY 6TH  
SO WE'RE SURE TO HAVE ENOUGH FOOD!  
REGISTER AT [HFFA.CA](http://HFFA.CA)

**EARLY BIRD BONUS!**

The first 25 families to register will be entered in a draw to win a reusable lunch kit!

SEE OVER FOR DETAILS



# STATIONS AND HOSTS

## Learn from food professionals in your community

**What is a healthy lunch?** Nicole Hambleton, Registered Dietitian, explores Good-Better-Best choices for school lunches, introduces Canada's new Food Guide, and shares our joint venture school lunch video, produced with Wellington-Dufferin-Guelph Public Health.

**How to talk to your kids about food** Registered Dietitian Jacalyn Dryland explores issues such as "picky" eaters, the concepts of stomach, mouth or heart hunger, and the benefits of having children pack their own lunches.

**Make and Take** Farmer and cook Rebecca Landman gets your hands dirty making simple, scrumptious snacks that will be a great addition to your child's lunchbox repertoire.

**Tasting Corner** Chef and community member extraordinaire Phil DeWar demonstrates unique foods, cultural foods, local and seasonal eating.

There will also be a **Community Round Table** for casual chats and a supervised **Quiet Kids Corner**.

*This workshop is funded through the Parents Reaching Out (PRO) Grant from the Ministry of Education. It is a joint effort between the school councils of Hyland Heights and Primrose Elementary Schools, with coordination and promotion provided by Headwaters Food and Farming Alliance. Open to families from Primrose and all Shelburne schools.*

*Learn more about HFFA Farm to School programs at [hffa.ca/farmentoschool](http://hffa.ca/farmentoschool).*

