



Nutrition Guidelines & Taste Training Workshop

- How to get students to eat new foods (and vegetables!)
- Review of the updated Nutrition Guidelines
- Live food prep demo & time for networking

Meal provided • Register online

WWW.TASTEBUDS2017.EVENTBRITE.COM

Wednesday, November 22 • 10am - 12pm
Fortinos - community room
65 Mall Road
(by Limeridge Mall)

OR

Wednesday, November 22 • 4pm - 6pm
DR John M. Perkins Centre - Arch room
1429 Main Street East

For additional information:

(905) 522-1148, Ext. 104 or email jbauman@tastebudshamilton.ca