



FOOD PRESERVATION

PRESERVING FRESH FOOD



**AUG 30/2023 -
OCT 4/2023***

- * Learn how to preserve fresh vegetables and herbs
- * Connect with others and make new friends
- * Prepare nutritious food on a budget
- * Light snack provided

Learn how Canadians preserve fresh food!

Wednesdays: 5:30pm-7:30pm

*No class Wednesday, September 6th

Location: ACCESS Fort Garry
135 Plaza Drive, Winnipeg

Facilitator: Family Dynamics

Level: For all levels of English speakers*

Cost: Free

* This session offers an interpreter upon request

REGISTER TODAY!

When registering, tell us if you need childcare, a bus ticket or an interpreter.

Email: registercsp@familydynamics.ca

Phone: 204.894.8421

More workshops at familydynamics.ca



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