



**LET'S  
LEARN**

# 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](mailto:registercsp@familydynamics.ca)

Phone: 204.894.8421

More workshops at [familydynamics.ca](http://familydynamics.ca)



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