



Celebrate food... from field to table



Food is a part of our everyday life, but have we ever stopped to think about where it comes from?

As local food becomes a growing trend, join Winnipeg ***in motion*** and registered dietitian, Lydia Lee to learn the facts and myths about this movement.

Learn where you can buy great Manitoba products, even in the winter, and ways that you and your family can get back in touch with your food from farm to fork.

Attend the session for your chance to **WIN** Dietitians of Canada's national best selling cookbook, *Simply Great Food!*

Admission is **FREE** and registration is **NOT** required. For more information, contact Winnipeg ***in motion*** at 940-3648 or visit winnipeginmotion.ca



When:

**Friday, March 19th, 2010
12:10 pm to 12:50 pm**

Where:

**Millenium Library
Carol Shields Auditorium**

