



**MANNA FOODBANK IS PROUD TO PRESENT A THREE PART **FREE** WORKSHOP  
(courtesy of a grant from the District of Muskoka)  
**NUTRITION AND KNOWLEDGE****



**Where:**  
the Community Room at Gagnon's Independent Grocer in Bracebridge

**When:**  
Wednesday October 16th, from 6:30—8:30 pm - GLUTEN FREE  
Wednesday November 20th, 2013 from 6:30—8:30 pm- VEGETARIAN CHILI  
Wednesday December 11, 2013 from 6:30—8:30 pm- HOLIDAY STEW

**How to register:**  
cost is free! Please phone the Manna Food Bank and leave your name/contact info

**What's included in each workshop-** 2 free recipe books, food to re-create the meals that you will take home AND a free crockpot!

**Please-** one workshop per family, space is extremely limited for these three free workshops!  
( 20 people per evening)

Please visit our website at [www.mannafoodbank.ca](http://www.mannafoodbank.ca), our facebook page or phone 646-0114