



# Mind Your Food

## Free Food-Focused Youth Program

- 11-week program for youth ages 13-19
- Explore food traditions, cooking, baking, where food comes from and our connections to the land around us, and how food and mood are connected
- Learn new recipes and share your favourite ones
- Honorarium for completing the full program

**Mondays, Sept 23-Dec 2, 4:15-6:15pm**

**(some weekend and PA-day sessions)**

**Harmony Community Food Centre**

**2 Gower St.**



**Limited spots available, priority given to local youth. To register or for more information, please contact Sarah at [sclement@srhc.com](mailto:sclement@srhc.com) or 416-752-0101 ext 4226.**