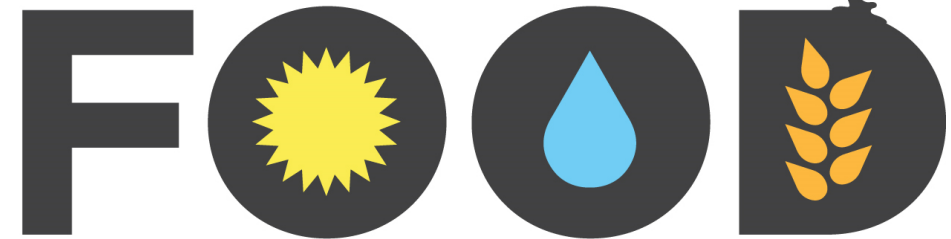


MANY THANKS TO OUR GENEROUS SPONSORS:



OCTOBER 24, 2013

Thanks to our community partners who are providing volunteers, printing, space, and expertise to Food Day: Coastal Connections/TAY Center ♦ Crescent City Farmers Market ♦ Del Norte Child Care Council ♦ Del Norte County Department of Health and Human Services ♦ Del Norte County Healthcare District ♦ Del Norte County Unified School District ♦ Del Norte Reads ♦ Del Norte Solid Waste Management Authority ♦ Downtown Farmers Market ♦ Ferment Del Norte ♦ Jefferson State Books ♦ Mad River Brewery ♦ Network for a Healthy California ♦ Ocean Air Farms ♦ Recology Del Norte ♦ Tomasini's Enoteca ♦ Wild Rivers Market



EAT REAL



HEALTHY. AFFORDABLE. SUSTAINABLE. FAIR.

# FOOD DAY EVENT SCHEDULE

## WEDNESDAY, OCTOBER 23RD:

- 10AM TO 2PM POTTER THE OTTER'S INFUSED WATER TASTING AT THE DOWNTOWN FARMERS MARKET

## THURSDAY, OCTOBER 24TH:

- 10 TO 11AM: FOOD DAY STORY HOUR AT THE FAMILY RESOURCE CENTER
- 11AM: MAKE YOUR OWN BABY FOOD WORKSHOP AT THE FAMILY RESOURCE CENTER
- 5 TO 7PM: TEEN DINNER AT COASTAL CONNECTIONS/TAY CENTER
- 6 PM: TRIVIA NIGHT AT TOMASINI'S ENOTECA WILL FEATURE TWO ALL-FOOD ROUNDS

## FRIDAY, OCTOBER 25TH:

- 11 TO NOON: LITTLE RECYCLER AT THE FAMILY RESOURCE CENTER
- 2 TO 3PM: FAMILY RECYCLING WORKSHOP AT THE FAMILY RESOURCE CENTER
- 3 TO 4:30PM: ROT IS HOT: HOW TO COMPOST AT HOME AT FAMILY RESOURCE CENTER
- 4 TO 6PM: LOCAL FOODS SHOWCASE AT WILD RIVERS MARKET

## SATURDAY, OCTOBER 26TH:

- 9 TO 1PM: *It's Picnic Day, Potter!* BOOK LAUNCH AT THE CRESCENT CITY FARMERS MARKET
- ALL DAY LONG: DIY FOOD WORKSHOPS AT THE FAMILY RESOURCE CENTER

**Drawings for prizes or giveaways at EVERY event! Come join the fun!**

Food Day isn't just happening in public spaces. This year's theme is Food Education and Food Day is also in our schools and preschools, with lessons focused on healthy eating and recognizing real whole foods.

Bring Food Day into YOUR space. Talk about family food traditions over dinner, share a favorite food memory from your childhood, host a potluck with your neighbors, or challenge yourself to buy and eat more local foods this week.

There are lots of resources online, too! Check out <http://foodday.org> for healthy Halloween snacks, conversation guides, a cookbook with recipes by celebrity chefs, and many other ways to get involved.

Locally, all the Food Day events and some of our thoughts about the meaning of Food Day can be found on our blog, so check it out:

<http://growingtables.blogspot.com>

## SATURDAY DIY FOOD WORKSHOPS:

9 TO 1 PM: **WILD EDIBLE MUSHROOMS** WITH BOB BURCH, MYCOLOGIST

10AM: **RAISING BACKYARD CHICKENS** WITH STEPHANIE AND SAVANNAH ALEXANDRE, ALEXANDRE KIDS EGGS

11 TO 1PM: **COOKING WITH FORAGED FOODS** WITH THOMAS WORTMAN AND PAUL HESS, HISTORIC REQUA INN

1 TO 3PM: **PLANNING YOUR WINTER GARDEN** WITH PAUL MADEIRA, OCEAN AIR FARMS

2 TO 3PM **CANNING AND PRESERVATION** WITH JACKI BENNETT, COOPERATIVE EXTENSION

SPACE IS LIMITED FOR SOME CLASSES. PLEASE REGISTER BY CALLING OR EMAILING CONNOR AT 464-8347 EXT. 266 OR [CCALDWELL@RURALHUMANSERVICES.ORG](mailto:CCALDWELL@RURALHUMANSERVICES.ORG).