

Tsartlip Good Food Program October 2018

Depot Hours 2:30 – 4:30 at the Band Office. Please remember to bring your reusable bags.

Next Month's Good Food Program

Order Date: November 07, 2018

Pickup date: November 14, 2018

Tsartlip Community Kitchen

Topic: Leftover turkey dishes.

Tea of the Month: Horsetail

Spice of the Month: Salt types and uses.

Date: October 10, 2018

Time: 6:00pm – 8:00pm

Place: Tsartlip Community Health Center

***Who? Adults and youth age 16 plus.**

***Childcare costs are available if needed.* Please provide name of child minder at the time of the workshop to the staff member.**

Please register with Myrna Crossley to ensure enough supplies are purchased.

@ 250 652-4473 ext. 206

| Infant Toddler Program | Afterschool Program |
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| <i>WEDNESDAYS</i> 10:15 – 12:00 | <i>THURSDAYS</i> 3:15 – 4:15 |
| Oct. 10 th Art: Monster Collage | October 4 th Cultural activity & Science Venture |
| Oct. 17 th : Paper craft cat | October 11 th Make monster cookies & a Monster Cookie Jar. |
| Oct. 24 th : Decorate a mini pumpkin | Oct. 18 th Cultural activity & Science Venture |
| | Oct. 25 th Pumpkin carving & Halloween fun. |

Fresh Food to You & Cooking Together

Fresh food pickup dates

Tuesday,

October 16th & 30th

Food will be available at the Health Center after 11:30 am.

At 1pm on the Pickup days we invite anyone to join us in the kitchen to make a meal with the Fresh Food. Learn new ways to prepare food and take away a tasty dish for home.

Contact Mary Hayes with any questions about the Good Food Box at 250 652-4473 ext. 208