



Join **Canada South Science City** in a program all about food entitled
“Seniors and Youth Mutually Expand Their Horizons”

The program offers seniors and youth a free hands-on learning experience about food in its many aspects: growth, health and safety, preparation, nutrition, presentation, distribution, and sales! Seniors will help arrange the interactive talks and cooking lessons, and they can also mentor the youth. By the end of the program in March 2019, participants will be invited to contribute to a cookbook filled with great recipes, beautiful pictures, and valuable lessons about preparing, presenting, serving and preserving food.

Expand your food horizons and meet experts and guest chefs while making new friends and cooking companions! The program will start in December 2018 with informal meet and greet sessions and planning discussions. The talks and cooking lessons themselves are scheduled to be offered about three times per week starting in mid January.

This project is funded by a grant to the Interactive Science and Technology Centre of Windsor, Inc. (commonly known as Canada South Science City) as a *New Horizons Seniors Program* by Employment and Social Development Canada (ESDC). Any senior (age 50 or over) or youth (ages 7 to 15) interested in taking part in this program should contact Tammy Elliott, Chef and Project Coordinator for more information and to register: call 519-984-2273 or email: tammy_73@outlook.com. The program will take place mainly in the kitchen at the Sandwich Teen Action Group (STAG) located at 3735 King St. in Windsor, Ontario. The South Asian Centre of Windsor is a partner in this project.

Space is limited so enroll today! There is no cost, and enrollments will be accepted on a first-come, first-serve basis.

