The Bruce D. Campbell Farm and Food Discovery Centre presents:

**Applied Skills in Food Preparation**

The goal of this series is to help students in Food and Human Nutritional Sciences apply the knowledge they learn in their classes to everyday food practices in their own lives and in their future professional work. Through a series of hands-on workshops, participants will learn practical kitchen and food skills that will help them use their nutrition and food knowledge for healthy, everyday food preparation. These workshops are open to anyone, not just students.

**Workshops**

**Super Soups from Scratch** with Getty Stewart, PHEc
Learn how to transform everyday ingredients into delicious, nutritious comforting soups, easily and affordably. Discover how to make your own broth (chicken) and use it as base for hearty, healthy soups made with seasonal ingredients, leftovers or whatever is in the fridge. You’ll also learn about knife skills, fresh and dried herbs, umami, food storage and reducing food waste.

**Date & Time:** Friday, January 26, 4:00 – 6:00 PM  
**Location:** Barbara Burns Food Innovation Laboratory, room 410 Human Ecology Building  
**Cost:** $10 per person  
Register to ffdc@umanitoba.ca by January 23

**Healthy Snacks** with Getty Stewart, PHEc
Snacking has become part of our daily eating routines, but not all snacks are created equal and that little something you grab to see you through the day may be doing more harm than good. Let’s get in the kitchen and apply your foods and nutrition knowledge to create healthy, affordable snacks you’re going to love. In this session, you’ll learn how to make several energy boosting snacks from scratch. Recipes will include some with and without gluten, dairy and nuts.

**Date & Time:** Monday, February 26, 4:00 – 6:00 PM  
**Location:** Farm & Food Discovery Centre, 1290 Research Station Road, Glenlea MB R0G 0S0  
**Cost:** $10 per person  
Register to ffdc@umanitoba.ca by February 23
Goodbye Ramen, Hello DIY Grain Bowls with Getty Stewart, PHEc
You’re going to love these tasty and nutritious all-in-one power bowls. They’re fast, easy, affordable and packed with whole grains, veggies and a variety of proteins. Learn to identify and cook various whole grains and pulses and how to make salad dressings. In this session, you’ll put together your own grain bowl, create your own dressing and learn how to make healthy eating affordable and delicious.

Date: Monday, March 5, 4:00 – 6:00 PM
Location: Barbara Burns Food Innovation Laboratory, Room 410 Human Ecology Building
Cost: $10 per person
Register to ffdc@umanitoba.ca by March 2

Food Handlers Certificate course with FoodSafe Manitoba
Offered at a 50% discount to Faculty of Agricultural and Food Sciences students, this workshop includes important information on safe food handling including food microbiology, safe storage, cooking, and preparation of food in processing plants, restaurants and homes. At the end of the course, students will take the Manitoba Health Food Handler Training exam. A passing grade will result in a Manitoba Food Handler certificate valid for 5 years. Workshop includes lunch*

Date & Time: Saturday, March 17, 9:00 AM – 4:00 PM
Location: Farm & Food Discovery Centre, 1290 Research Station Road, Glenlea MB R0G 0S0
Cost: $50.00 for FAFS students, $100 for others
Register to ffdc@umanitoba.ca by March 3
*Please indicate any dietary restrictions with registration

The Real Dirt on Farming – Food Facts and Myths with Kristen Matwychuk
Come learn the science based facts and global impacts of food fads and timely topics in Canadian Food Processing and Agriculture including Genetically Modified Organisms, Added Hormones, Antibiotic Use, Livestock Care, Organics, Environmental Impacts etc

Date & Time: Tuesday, March 27, 3:00 – 4:30 PM
Location: 245 Ellis Building
Cost: FREE
Register to ffdc@umanitoba.ca by March 26

For more information or to register please contact us at ffdc@umanitoba.ca or (204) 883-2524

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