

Made in Manitoba Lunch-on-the-Go

Saturday, September 25th, 2010

12:30 - 4:00 p.m.

Human Ecology/Home Economics Building

Made-in-Manitoba Lunch will showcase innovative, delicious and healthy foods provided by Manitoba growers, producers and processors. You will have the opportunity to walk down memory lane floor-by-floor munching on lunch course-by-course. As you go, there will be **displays of student work** and **research presentations by professors**. On your tour of the Building, check out the new facilities: **Life Course Health Research Initiative** and **The Barbara Burns Food Innovation Lab** both of which were developed as a result of donations by alumni, and **The George Weston Sensory and Food Research Centre**. There are places to sit and chat on each floor.

At the doors, you will be greeted with:

punch, wild rice energy bars and roasted, flavoured legumes.

Down the hall you will be offered:

flax crackers by Natalie's Lifesense Natural Foods, Saskatoon cream cheese and a locally grown apple.

In the Common Room downstairs, you can sit in the **MAHE Coffee House** and enjoy: **coffee roasted or tea blended in Manitoba, loaves and some yogurt.**

On the third floor you can rest your feet and be treated to items such as: a **Mediterranean salad made with the new hull-less oats, egg salad sandwiches or wraps made with barley flour and hard cooked eggs by our own Department of Human Nutrition, fresh mushrooms and veggies as well as local bread served with a dip of balsamic vinegar and healthy flax oil from Shape Foods.**

You have to wait until the forth floor for the *pièce de résistance*:

potato ice cream with Manitoba berry toppings:, another feed of oats - perhaps in a cookie, Never "Bean' There Brownies - the healthy choice from the company E.A.T. owned and operated by three of our 2010 graduates and, we hope, a surprise cheesecake-to-die-for by a famous local chef.

Who knows what else? The only thing we know is that all the foods will be grown, produced or processed in Manitoba. They will be innovative, delicious and healthy. Congratulations to all the hard working Manitoba Producers !

DON'T MISS LUNCH !