

# Stone Soup Fall Food Gathering

- *How do we support a healthy food system at the community level?*
  - *How do we feed ourselves and our families?*
    - *How can we afford to eat?*
  - *How do we make the right food choices?*
  - *How do we stop our reliance on fast food?*

In conjunction with "**Sustenance: Feasting on Art and Culture**", October 3-16 2009, a project of the Roundhouse Community Arts & Recreation Ctr. the Fall Food Gathering asks all of these questions and more! Join us for the following host of activities, workshops, forums and talks and enjoy, learn, discuss and eat...

## DIY Food Day, October 3rd

Saturday Workshop Series  
Do It Yourself food preparation workshops are open to all, no experience is necessary, register for many as you like. \$10 each, (subsidies available). Supplies included.

### Basics of Canning

45511.401BR  
PreTeen Ctre 10am-12:30pm

### Sauerkraut Fermentation

45511.402BR  
AML 12:30-2:30pm

### Breadmaking for Beginners

45511.403BR  
AML, 10:00am-12:00pm

### Eating Healthy on a Tight Budget – Healthy Planet Kitchens.

45511.404BR  
PreTeen Ctre, 2:30pm-5:00pm

## Thanksgiving Food for All Community Potluck, October 15<sup>th</sup>

AML, Thu, 6:30-8:30pm, Free

Everyone welcome, bring some food to share or just come and eat.

## Food Justice Forum & Discussion, October 8th

Learning Resource Centre  
Thu, 7:00-9:00pm, Free

Join PHOOD (Promoting Healthy Options on the Drive) and guests for a discussion on fast food and initiatives towards building healthier food communities.

### Gathering Location:

Britannia Centre  
1661 Napier Street



## Stone Soup Film Festival: Exploring the Politics of Food, October 17<sup>th</sup> & 18<sup>th</sup>

65611.401BR  
Auditorium, Sa/Su 11-10pm

The Stone Soup Film Festival aims to broaden the community's awareness of food issues both locally and internationally on a range of topics including health and nutrition, food economics, agricultural worker rights, and urban agriculture that will appeal to a diverse audience.

Presented by: The East End Food Co-op and the Grandview Woodland Food Connection.

Film Festival passes will be available for purchase \$15 per person through Britannia Community Centre. Entrance at the door is also available for a suggested donation of \$5 - \$10 per each film slot.

**100% of the profits from the film festival will go towards community gardening in East Vancouver.**

## Author Talk & Book Launch October 10<sup>th</sup>

Author, Dania Matiation, speaking on her new book, "Food Swings: A User's Guide to Dealing with the Call of Food." [www.the-art-of-eating.com](http://www.the-art-of-eating.com)  
Britannia Library, 2:00pm, Free

*Stone Soup Fall Food Gathering is a partnership between Britannia Community Services Centre & Grandview Woodland Food Connection.*

### For Information on the Gathering:

604-718-5895

### To Register for Workshops or purchase film passes:

Starting Aug 18  
604-718-5800

