



Spring 2012 Workshop Schedule

Nutrition for Food Banks

This workshop focuses on food bank- specific nutrition information. We will discuss the basics of diabetes and other chronic diseases, and how to make meals with common food bank supplies that can fit into these diets. You will also learn to explain foods such as pinto beans, brown rice, or Fibre One cereal to newcomers who are unfamiliar with those products. We will provide you with the tools you need to communicate this important information to your clients.

This workshop will be facilitated by Jenny Lyttle, RD – Community Dietitian at Unison Health & Community Services and Marissa Strano, M.A.N., RD – Community Dietitian, Diabetes Prevention Project.

Date and Time: Tuesday, March 13, 6pm – 8pm
Location: Unison Health & Community Services- Lawrence Heights Site
12 Flemington Road, Toronto, ON M6A 2N4

Best Practices: Working with Volunteers

The goal of volunteer services is to retain reliable, responsible, skilled and satisfied volunteers. This workshop examines how you can add structure to your volunteer program. We will discuss volunteer recruitment, retention, training, and developing volunteer job descriptions.

This workshop will be facilitated by Lisa Anderson, Manager of Volunteer Services at the North York Harvest Food Bank.

Date and Time: Wednesday, April 25, 6pm-8pm
Location: North York Harvest Food Bank
640 Lawrence Ave West (back of building)
Toronto, ON M6A 1B1

May Workshop – To Be Announced

All community members are welcome to attend. Earn one Harvest Academy credit per workshop attended. Earn five and you can become a Community Food Programming Leader!

To register for a workshop, please email michael@northyorkharvest.com or call the North York Harvest Agency Relations Manager- (416) 635-7771 ext. 23 at least two weeks before the workshop date.

A light meal is provided at all the workshops and transportation assistance can be provided upon request.