



# Mind Your Food

## Free Food-Focused Youth Program

- For youth ages 13-19
- 11-week in-person program with safety measures in effect
- Explore food traditions, cooking skills, new recipes, and how your mental wellbeing is connected to what you eat
  - Honorarium for completion of the program (must complete full program)

**Every Friday, Jan 6th-Mar 17th  
4:15-6:30pm**

**Harmony Community Food Centre  
2 Gower St**



**Limited spots available, priority given to local youth. To register or for more information, please contact Kathleen at [kko@srchc.com](mailto:kko@srchc.com) or 416-752-0101 ext 4226.**