

NEWS RELEASE

For Immediate Release

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LOCAL FOOD GROUP'S PROGRAMMING DIVERSE AND ACCESSIBLE

Holiday season kicks off with kids' cooking classes, cookie bake-off

STRATFORD- The Perth County chapter of a worldwide food movement is passionate about helping people of all demographics learn about and access food that is "good, clean and fair". To that end, members of Slow Food Perth County (SFPC) are busy planning inclusive programs and events that encourage and excite people about local, seasonal food.

After a very successful first season of kids' cooking classes at the Stratford-Perth YMCA, which concluded with the on-site planting of an organic garden by local farmer Antony John, members of SFPC are one class into their second year, which began with a nod to the pumpkin, including a recipe for pumpkin soup plus roasted pumpkin seeds and related children's stories.

Maureen Argon, a Slow Food volunteer and one of the key founders of this initiative, explains that this year's classes will see a more diverse range of instructors, including local chefs, conducting the classes. "Several members and volunteers are participating in the planning and execution of the curriculum, which we develop to engage the kids and demonstrate how fun and easy eating local can be." Sessions run every other Saturday and will continue through the winter, wrapping up late in the spring.

Slow Food's local 'Convivium' coordinates events throughout the year that highlight local food and the producers and artisans behind it. Most recently, SFPC hosted "Pork Party at Punkeydoodles", a pig roast with an exclusively local menu, attended by more than 200 people. Less than a month later, the convivium participated in the hugely successful Savour Stratford Perth County Culinary Festival.

Now, with winter coming and the start of the holiday season upon us, SFPC is planning some indoor events that get families back to the table, connect consumers with producers, and act as a catalyst for conversation about the provenance of our food.

On Saturday, November 29th, from 1-4 pm, SFPC is hosting a Cookie Bake-Off. Offered in conjunction with the City Centre Committee, this event will give families the opportunity to visit Humble Roots, a downtown bakery owned by baker Brian Holden, to bake some cookies and get into the holiday spirit before heading outdoors to watch the Santa Claus Parade.

In conjunction with Stratford Northwestern Secondary School's Culinary Arts program, Slow Food Perth County will be hosting dinner and a movie at the Screaming Avocado Café on Thursday, December 10th with guest chef Lee Avigdor of Down the Street Bar & Restaurant. This event will be part of Slow Food International's first annual Terra Madre Day, a new initiative that provides one of the largest collective occasions for celebrating food diversity ever achieved on a global scale.

For more information about how to get involved in these and other Slow Food Perth County events and programs, visit www.slowfoodperthcounty.ca or email info@slowfoodperthcounty.ca.