

Join the Community Food Advisors

If you like food, here's an exciting opportunity.

Get Involved

Community Food Advisors (CFAs) are trained volunteers who share their knowledge and love of food with groups in a variety of community settings. CFAs make presentations and conduct cooking classes to promote healthy eating and food safety. Sound like something for you? Here's how to get involved.

Learn From Professionals

Volunteers get approximately 40 hours of training by qualified food and nutrition professionals. Training covers a wide range of topics that include:

- *Canada's Food Guide*
- Planning nutritious menus
- Safe food preparation and storage
- Reading labels
- Preserving vegetables and fruit
- Public speaking

Help Your Community

Once you have successfully completed your training, you will be a certified Community Food Advisor well on your way to promoting food safety and healthy eating. To learn more about becoming a CFA, join us at Information Night!



Don't Miss Information Night!

Wednesday, August 26, 2009

7 to 9 p.m.

Lockerby Composite School
1391 Ramsey View Court
Sudbury



To register, email Natalie Ferguson at fergusonn@sdhu.com or call (705) 522-9200, ext. 257.