



## Foods Project

Dec 3 | 10am - 1pm

Charlottetown Superstore

Members ages 10+

Come join local dietician, Samantha Blizzard, at the Charlottetown Superstore to explore the makings of a healthy well balanced meal that's fun to make and recreate at home. You'll be glad you did!

Members can look forward to the following activities:

Learning how to make

BBQ Chicken Flatbread Pizza with Bell Pepper

& Chocolate Zucchini Muffins

Christmas Cookie Decorating

Christmas Foods Word Search

"Draw your Healthy Plate" activity