

# Healthy Food Systems

hosted by The Waterloo Region Food System Roundtable



## Feeding Family From the Garden

with Jane Barkley, Co-Founder, Fresh Endeavors

In a world of faster, cheaper and more convenient, growing our own food sometimes seems impossible. With three children, a more-than-full-time job, and a tiny plot behind her townhome, Jane has learned how to make the most of her urban garden. Explore a year of growing organic, non-GMO vegetables, in a tiny urban space.

**Tuesday, September 24 at 6:30 pm**



## Young City Growers

with Fanis Juma-Radstake, Curator, Young City Growers

Young City Growers is a passionate group of green-thumbed youth who have turned a vacant baseball diamond on Hickory Street into a fully functioning urban farm. Their goal is to create urban agriculture employment for youth in Waterloo Region.

**Tuesday, October 29 at 6:30 pm**



## Food Systems 101

We'll be watching a 30-minute video by Dr. Geoff Tansey, an independent researcher from the UK. His presentation will examine the globe's food system, our changing world, and the key trends, practices, policies and tools for control. Discussion to follow, by Roundtable members Dr. Steffanie Scott and Ellen Desjardins.

**Tuesday, November 26 at 6:30 pm**

**NO REGISTRATION REQUIRED.**

Connect with us:



TTY: 1-877-614-4832

**Forest Heights Library**  
251 Fischer-Hallman Rd.  
519-743-0644

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