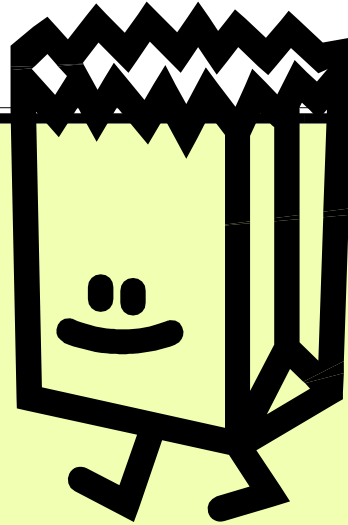


# ROC the Lunch Bag

Easy ideas to make brown bag lunches FUN and DELICIOUS



**Who should come?**

Bored with sandwiches and pudding cups? Learn and share new ideas to take to school or work!

**Where?** Reach Out Food Centre, 61 Nickel Street

**When?** Tuesdays, 4:00– 5:30

August 27–September 24

To register, call Sandy 905-835-1914 x 29