



**ARMSTRONG  
Community Food  
Initiative Group**



# COMMUNITY FOOD EVENTS - 100 MILE DIET

## Centennial Theatre

Subject to change without notice

		Wed. Sept. 2nd	Thur. Sept 3rd	Fri. Sept 4th	Sat. Sept. 5th	Sun. Sept 6th	
Approx Times	THEME	Wine & Cheese	Meat and Potatoes	Community Gardens	100 Mile Diet	Healthy Eating	Approx Times
10:00am	Presentation	100 Mile Diet Challenge	100 Mile Diet Challenge	100 Mile Diet Challenge	IPE Parade	100 Mile Diet Challenge	10:00am
10:30am	Tastings	Cheese Celebration	TBA	Convivial Carrots		Two Ps Healthy Food	10:30am
11:30am	Short Films	Gorts Gouda	The Meatrix	Greening of Cuba		True Cost of Food	11:30am
12:00pm	Presentation	Calendario - a local seasonal food calendar project	Calendario - a local seasonal food calendar project	Calendario - a local seasonal food calendar project	Calendario - a local seasonal food calendar project	Calendario - a local seasonal food calendar project	12:00pm
1:00pm	Presentation	Okanagan Spirits	Keeping Backyard Poultry	Composting Made Easy	Saving Seed - Why and How	Healthy Eating on the 100 Mile Diet	1:00pm
2:00pm	Tastings	Wonders of Wine	TBA	Heritage Tomatoes	Cheese Celebration II	Convivial Carrots	2:00pm
3:00pm	Presentation	100 Mile Diet Challenge Media Launch	Vegetables as Livestock Feed	Square Foot Gardening	Make Your Own Dehydrator	Slow Food	3:00pm
4:00pm	Presentation	Know Your Wild Mushrooms!	Impossibly Perfect Potatoes	Square Foot Potato Art Project	Sourdough = Your New Family Pet!	Low Glycemic Index Foods	4:00pm
5:00pm	Tastings	Organic Beer	Grassfed Beef, Pork & Lamb	Apple Variety Extravaganza	Local Coffee Connections	Taste Sensations	5:00pm
6:15pm	Short Films	TBA	TBA	Project Green Thumb	Café Feminino		6:15pm
7:00pm	Film	Sideways	Tortilla Soup	Food Fight	Black Gold		7:00pm