

# FOOD EXPLORATION PROGRAM



## SUMMER EDITION!

PERFECT FOR YOUR "PICKY EATER" OR ANY CHILD  
WANTING A HANDS-ON FARM TO TABLE  
EXPERIENCE



HEIDI MUNGAL



LAURA DOWNEY

7 WEEK PROGRAM:  
TUESDAYS  
JULY 11-AUG 22  
ALL AGES  
5-6:30

### YOUR CHILD WILL

- LEARN ABOUT FOODS IN THE GARDEN, OPPORTUNITIES TO PLANT AND HARVEST
- EXPLORE FOODS IN FUN WAYS WITH NO PRESSURE TO EAT!
- COOK/MAKE SOMETHING NEW EACH WEEK
- LEARN SKILLS TO BE MORE ADVENTUROUS EATERS

**Call or email to inquire: (226) 534-9457, [info@speechhens.com](mailto:info@speechhens.com)**

LOCATED IN THE LEARNING CENTRE AT GENERATIONS MARKETPLACE