



FAVORITE FAMILY FOOD CHALLENGE

Step into the kitchen and bond over fun with food!

It's time to celebrate your favorite family cuisine! We may not be able to share meals in person with all our favorite people yet, but we can create and enjoy the food we love to eat together!

Between January 15 and February 8, have some fun with food! Here are some starting suggestions:

- Learn to make a favorite ethnic family recipe. If you can't be in the same place as the person teaching you this tradition, arrange to chat by video or phone, or have the person make step-by-step recipe cards for you. Be sure to take a picture of your first attempt and send it to your instructor!
- Create your own dine-in restaurant at home. Make a BIG DEAL out of dinner, complete with tablecloth, music and candles.
- Kids, create a menu and serve your parent(s) a meal. It's your time to shine with appetizers, special drinks, main dish, savory sides and delectable desserts!
- Make a couple extra servings of a special meal and deliver "take-out" to a friend, neighbor or family member in another household.

Whatever your age, situation or favorite foods, take time to enjoy the gift of food this month. Send a picture or two of your creations to the Community Services Coordinator at cscordinator@redwater.ca by Monday, February 8. Be sure to include the submission form found on the Programs and Events page on www.redwater.ca. You will then be entered into a random draw for prizes just before the Family Day weekend. Phone the Community Services Office at 780-942-4101 for more information.

Mmmmm...good food...good mood

