

# Healthy Food Fair

*Eat Well ... Live Well ... Age Well*

**November 20<sup>th</sup>, 2019**

**10:00 am-12:30 pm**

***Manordale Community Centre (68 Knoxdale Road)***

***Come and learn about ...***

***Healthy Nutritious food, new Canada Food Guide,  
Food Safety Handling, Good Food Box program,  
Meals On Wheels, and Heart to Home Meals***

***Featuring***

***Ottawa Public Health – Healthy Food & Food Safety  
Western Ottawa Community Resource Centre  
Nepean Rideau Osgoode Community Resource Centre***

**\*\*\*\*\* Lunch is provided \*\*\*\*\***

**Please register with Carol Miller at [cmiller1@rogers.com](mailto:cmiller1@rogers.com) or 613-229-9402**

**This event is funded by the Government of Canada's New Horizons for Seniors Program and organized by Ward 9 Seniors Advisory Committee with Tanglewood-Hillsdale Community and Manordale-Woodvale Community. For more info, contact Carol Miller @ [cmiller1@rogers.com](mailto:cmiller1@rogers.com)**