

 **At Home Workshops – Registration Form**

*An opportunity to try or learn something new while at home.*

Community: \_\_\_\_\_\_\_\_\_\_\_\_ Community Food Champion (**CFC**):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Please submit this* **Registration Form** *to:*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Northern Healthy Foods Initiative (NHFI)

Northern Association of Community Councils (NACC)

Unit 20, 395 Berry Street

WINNIPEG, MB    R3J 1N6

Ph:  204-947-2227 | Cell:  204-801-2950 |   
Fax:  204-947-9446 | Toll Free: 888-947-6222

programnhfi@naccmanitoba.com

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address (to mail kits to): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
I agree to share a story/feedback or photos of my experience with the kit send to the CFC or NACC

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
By Signing above, I hereby agree to and give permission for the use of the photographs taken of me by the partners of the Northern Healthy Foods Initiative for the purposes of publication, display or exhibition thereof for articles, promotions, websites and visual presentations and without payment or compensation to me.

I understand that these photos may be used to tell the story of northern Manitoba communities taking action and leading efforts to improve food security, community economic development, youth engagement, or population health.

**………………………………………………………………………………………….  
Note: Kits will be filled on a first-come-first-serve basis while quantities last / as funds are available. Worms can be mailed as weather permits or available at a central pick-up location.**

- Select up to three (3) printed learning modules with check mark (✔)   
- Select topics to request PDF versions **emailed** with **X**

|  |  |  |  |
| --- | --- | --- | --- |
| **FortWhyte Farms Module Booklets (Adults / All ages):** | | | |
|  | Cold climate gardens |  | Laying Hen Care |
|  | Commercial kitchen |  | Medicine Garden |
|  | Compost |  | Passive Solar Greenhouse |
|  | Food Preservation |  | Soil module booklet |
|  | Rabbits |  | Garden Planning |
|  | Incubation |  | Kitchen Safety |
| **Farm and Food Discovery Centre (Info only - School Age Activities):** | | | |
|  | Butter in a Jar |  | Plant Life Cycle Flip Book |
|  | Seed Sprouting |  | What is Composting? (K-4) |
|  | Bee Colouring Page & Fun Facts |  | The Three Sisters (K-4) |
|  | Alex's First Seed story (K-2) |  | Nutritious Snacks Tips (K-4) |
| **NHFI Resources (for Northern Manitoba):** | | | |
|  | Gardening in Northern Manitoba |  | Fruit Crops for Northern Manitoba |
|  | Growing potatoes |  | Basics of Canning |
|  | Basics of Freezing / Vegetable storage |  | Chickens |
| **- Select one (1) Workshop Kit from the options below.** | | | |
| Recipes (Measured spices and instructions): | | | |
|  | Butter Chickpeas |  | Bean Burritos |
|  | Cheesy Tuna Bake |  | Chicken & Mushroom Casserole |
|  | Chicken Mushroom Linguini |  | Taco Soup |
|  | Vegetarian Chili over Rice |  |  |
| Other: | | | |
|  | Bookmates’ Planting a Rainbow Kit. (Pre-K – 2) |  | Vermi-composting: includes instruction kit and worms |
|  | Card making kit |  | Indoor herb garden kit |
|  | Seed starting kit |  |  |

Other topics / Special requests: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_