



Northern Healthy Foods Initiative (NHFI)  
 Northern Association of Community Councils (NACC)  
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*Please submit this  
Registration Form to:*

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# At Home Workshops – Registration Form

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

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

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):	
<input type="checkbox"/> Cold climate gardens	<input type="checkbox"/> Laying Hen Care
<input type="checkbox"/> Commercial kitchen	<input type="checkbox"/> Medicine Garden
<input type="checkbox"/> Compost	<input type="checkbox"/> Passive Solar Greenhouse
<input type="checkbox"/> Food Preservation	<input type="checkbox"/> Soil module booklet
<input type="checkbox"/> Rabbits	<input type="checkbox"/> Garden Planning
<input type="checkbox"/> Incubation	<input type="checkbox"/> Kitchen Safety

Farm and Food Discovery Centre (Info only - School Age Activities):	
<input type="checkbox"/> Butter in a Jar	<input type="checkbox"/> Plant Life Cycle Flip Book
<input type="checkbox"/> Seed Sprouting	<input type="checkbox"/> What is Composting? (K-4)
<input type="checkbox"/> Bee Colouring Page & Fun Facts	<input type="checkbox"/> The Three Sisters (K-4)
<input type="checkbox"/> Alex's First Seed story (K-2)	<input type="checkbox"/> Nutritious Snacks Tips (K-4)

NHFI Resources (for Northern Manitoba):	
<input type="checkbox"/> Gardening in Northern Manitoba	<input type="checkbox"/> Fruit Crops for Northern Manitoba
<input type="checkbox"/> Growing potatoes	<input type="checkbox"/> Basics of Canning
<input type="checkbox"/> Basics of Freezing / Vegetable storage	<input type="checkbox"/> Chickens

**- Select one (1) Workshop Kit from the options below.**

Recipes (Measured spices and instructions):	
<input type="checkbox"/> Butter Chickpeas	<input type="checkbox"/> Bean Burritos
<input type="checkbox"/> Cheesy Tuna Bake	<input type="checkbox"/> Chicken & Mushroom Casserole
<input type="checkbox"/> Chicken Mushroom Linguini	<input type="checkbox"/> Taco Soup
<input type="checkbox"/> Vegetarian Chili over Rice	

Other:	
<input type="checkbox"/> Bookmates' Planting a Rainbow Kit. (Pre-K – 2)	<input type="checkbox"/> Vermi-composting: includes instruction kit and worms
<input type="checkbox"/> Card making kit	<input type="checkbox"/> Indoor herb garden kit
<input type="checkbox"/> Seed starting kit	

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