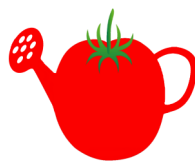


# FAMILY MARCH BREAK CAMP 2018



## McQuesten Urban Farm



### Join us for our Family March Break Camp

March 12th -16th 2018

All ages and abilities welcome!

**MONDAY MARCH 12, 12PM - 3PM**

#### Feeding Your Family

Come share best recipes and practices for feeding your kids of all ages, breakfast, lunch and dinner...snacks too. Feel free to bring your favourite recipes and the McQuesten Urban Farm will share some of our family favourites with samplings of our farm foods. Recipes provided.

**TUESDAY MARCH 13, 10AM - 12PM**

#### Everyone Loves a Pizza Party!

We will provide the ingredients, farm preserves, dough recipes and expertise. You bring your buddies and elbow grease!

**WEDNESDAY MARCH 14, 10AM -12PM**

#### Pollinator Projects

Learn how to attract and foster beneficial insects in your urban garden. Participants will: build insect hotels, pollinator puddles, learn to plant native gardens, and create a sweet, honeyed snack.

**THURSDAY MARCH 15, 12PM - 2PM**

#### Super Snacks

Learn how to make your snacking guilty pleasures a little more wholesome. Come create the snacks you crave with yummy, healthy and nutritious ingredients - think sweet, salty, decadent and delicious. Recipes provided

**FRIDAY MARCH 16, 9:50AM - 2PM**

#### Trip Day: McQuesten ► Hamilton Farmer's Market ► Whitehern Museum

Our trip: Leave from St. Helen @ 10am via walking and the No. 3 Cannon Bus, we will head downtown to the Hamilton Farmer's Market to shop and tour (10:30am-11:30am). From there we will walk (5 mins) to the Whitehern Museum for a tour to learn about the McQuesten Family. \*Complimentary Bus Tickets, Farmer's Market Gift Certificates and Whitehern Tour provided for the first 10 families to register.

Please email [info@mcquestenurbanfarm.ca](mailto:info@mcquestenurbanfarm.ca) or call 289-244-7105 to reserve a spot.

Workshop donations of \$5 per family are appreciated, but Pay What You Can. Please let us know if your children have any allergies or health concerns. Parents, adults and/or guardians have to present with children during these workshops. \*Registration priority is for McQuesten Residents.

### HAVE QUESTIONS? CONNECT WITH US:

785 BRITANNIA AVE, HAMILTON

[info@mcquestenurbanfarm.ca](mailto:info@mcquestenurbanfarm.ca)

[www.mcquestenurbanfarm.ca](http://www.mcquestenurbanfarm.ca)

