

April 2016 Nutrition Nook Posts

Links may no longer work

June 2, 2016 - The Gearing up Family Cycling Club

What a great idea! This group aims to get families outside riding together over the next 13 weeks.

BAYTODAY has an article on the club, check it out [HERE](#).

It's free and they kick off the season this Saturday June 4th at 10am in Parking Lot 9 of Nipissing University/Canadore College.

Don't forget your helmets, bikes need bells and to be in good condition.

HAVE FUN!!!



June 6, 2016 - Local Food Week

Local Food Week is June 6th to June 12, 2016. Communities all over Ontario are celebrating and feasting on locally grown foods this week. Don't forget to support all our local farmers by visiting the Farmers Market in North Bay on Wednesday and Saturdays. Don't forget about the Powassan Farmers Market on Saturdays too.



Love jazz music, love food? Make the drive down to Barrie this coming weekend for [Local Food Day and Jazzy June](#). June 11, 2016 from 8am to 12pm. Don't forget your dancing shoes!

For more information on Local Food Week, Click [HERE](#).

June 7, 2016 - Planting Party!

Check out the [Gathering Place](#) on Facebook for regular updates and information!

A flyer for 'THE GARDEN GRAND OPENING & PLANTING PARTY'. The top half features a large sunflower and the event title in bold white text. Below the title, there are two smaller images: one of a sunflower and one of people working in a garden. The bottom half of the flyer contains event details in a white box with black text, including the time (6:00 PM - 8:00 PM), date (Tuesday, June 7th), and location (On the Corner of Algonquin Ave. & McLaren St.). The 'Gathering Place' logo is at the bottom.

June 8, 2016 - CSA programs

What better way to celebrate Local food week by purchasing a plot through a Community Supported Agriculture (CSA) program. One local farm offers this program. They offer full or 1/2 plots. A full plot will feed 3-6 people for 17 weeks for 795\$, about 45\$/week. A half plot will feed 2-4 people for 17 weeks for 425\$, about 25\$/wk. Check out [Field Good Farms](#) on Facebook for more information and contact details.

More Farms in the area have these programs available. Check out the [Ontario CSA farm Directory](#) for more information.



June 10, 2016 - Feast on the Farm



This is an event that happens Sunday August 7th, 2016 at Leisure Farms in Sturgeon Falls. This great event is brought to you by The West Nipissing Chamber of Commerce and Agricultural Task Force Committee.

The event will highlight the use of local food and increase visibility for our area farmers and local chefs. Attendees will have the opportunity to meet their local food producers and chefs.

For more information about this great event and how to get tickets, click [HERE](#).

I missed this event last year because tickets were sold out, NO WAY I'm missing it again this year.

Don't forget to head out to the farmers market this weekend and support our local farmers, and get your hands on fantastic foods!

June 14, 2016 - Grow A Row

Grow a Row is a program run in many communities across Canada. It promotes edible landscapes in urban areas while teaching community members about how food grows.

Food can be donated at any of the following locations:

- North Bay Food Bank - 1016 Fisher st
open Monday and Friday 9am-2pm, Wednesday 4-7pm
- The Gathering Place Community Soup Kitchen - 392 Algonquin Ave
open Monday through Thursday 8:30am-3pm, Friday 8:30-2pm
- Salvation Army Food Bank - 134 McIntyre St E
open Tuesday, Wednesday and Thursday from 10am-12pm, 1-3pm.

For more information click [HERE](#)



June 22, 2016 - The Garden

Join the Gathering Place Garden for all sorts of fun next month. See more on their Facebook page [HERE](#).