



FREE ISSUE

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CAPTURING LIFE AND ENTERTAINMENT

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FROM FIELD TO TABLE

In recognition of Nutrition Month, Runnymede Healthcare Centre (RHC) showcased locally sourced, healthy foods to celebrate this year's national "From Field to Table" theme, as chosen by Dieticians of Canada. On March 24th, professional chef and local cheese producer Gurth Pretty discussed the health benefits of cheese, provided meal preparation tips and offered great-tasting cheese samples. In addition, Raj Jerath of Bamford Produce Co. gave an insightful talk on how to store produce to keep it fresh. Guests were then treated to a cooking demonstration hosted by RHC's dieticians, who brought a delicious meal from field to table.

Event code: pe8n8x



Zoe Dias, director of food & nutrition at RHC, demonstrates the ease of preparing simple meals in advance



Zoe Dias, director of food & nutrition at the Runnymede Health Centre demonstrates the ease of preparing simple meals in advance



Delicious apple crumble was served



Raj Jerath of Bamford Produce Co.



Gurth Pretty provides insightful meal preparation tips for guests