



Canaan Child Care Center

SAVE THE DATE: SUNDAY, AUGUST 14TH, 2016

The Canaan Child Care Center is hosting an event, a Kid-friendly-community BBQ, good food and good company. The menu, below, is geared toward food being wholesome and kid friendly as well.

Gina Young, a CIA graduate (culinary institute of America) and certified holistic Health coach. She is mother of two young children and they reside in Lakeville ct. Her passion is cooking healthy/nutritious foods which promote a healthy lifestyle. Gina's focus is introducing kids to interesting and healthy foods, made with pure, organic/local ingredients that are nourishing and support proper growth and development. "I believe that Eating well allows the body to heal and promotes overall well-being and happiness". She is a private chef/Caterer in north west CT, Ma and NY.

Gina has so graciously volunteered to do the cooking for this event.

Menu:

Local Garden gazpacho
(chilled soup)

Hormone free -BBQ chicken
and strawberry salsa

Cherry tomato-grilled zucchini-fresh corn salad with lemon vinaigrette

Fruit salad skewers

Fresh mozzarella, basil and cherry tomato skewers

We would also like to help promote the food pantry, **Fishes and Loaves** and the **Clothing Exchange**. These organizations are located in the Pilgrim House and are available to families who live in Canaan.

Date: Sunday, August 14th

Time: 5:00 pm until 7:00 pm

**Place: The Pilgrim House
30 Granite Ave.
Canaan**

Cost: Donate a quarter to the Food Pantry, Jean can purchase 1 pound or an item to the Clothing Exchange

**Please RSVP ASAP, space is limited
Canaan Child Care Center [\(860\) 824-0597](tel:8608240597)**

At 5:45 pm, Tom Hanford, the Music Man will entertain the children.