



**Kamloops 2<sup>nd</sup> Annual 100 Mile Diet,  
Health & Wellness Show**

**Invitation to come and celebrate  
local foods Saturday, April 10, 2010!**



We are pleased to invite the general public to attend this year's 100 Mile Diet, Health & Wellness Show featuring educational workshops on growing and processing local foods, and current issues affecting our food production.

The first of the annual 100 Mile Diet, Health & Wellness Show, held March 26, 2009 attracted participants from many surrounding communities throughout the Thompson Nicola Region including producers, ranchers and farmers displaying vegetables, grass fed beef, locally made products, and services from Kamloops, Barriere, Salmon Arm, north to Clinton and Canim Lake. Also attending were local government, neighbouring First Nations bands, interested members of the public, backyard gardeners, and small businesses, as well as numerous local societies involved in food security, community gardens, and agri projects.

This year we will be offering education sessions on grass fed beef and the carbon foot print, natural pest control, creating local community food systems, and much more!

An evening dinner will also be hosted at the same location from 6:00 pm – 8:30 pm. Local Chefs will prepare dishes based seasonal produce. Dinner tickets are \$25 or 2 for \$40.

**Our goal is to keep BC agriculture** strong and thriving and to raise consumer awareness of products grown close to home, to reduce our carbon footprint.

If you have any questions, please do not hesitate to contact me at 250-314-6804 or 250- 571-7048. I look forward to hearing from you. We think this would be a very good educational experience for students of all ages.

We look forward to hearing from you.

Yours truly,

Lesley Dale  
Program Manager