

# Discover the "Real" Food Community Around You

## "REAL" FOOD FAIR

MONDAY  
SEPTEMBER 6

LABOR DAY

UNW CHURCH  
259 E. CENTRAL  
DES PLAINES, IL  
60016

### Admission

A Dish to Pass  
OR  
\$10.00

[AREheartland.org/Chicago](http://AREheartland.org/Chicago)

See [www.traditionalnutrition.org](http://www.traditionalnutrition.org)  
for non-intimidating potluck  
suggestions

### Schedule

10:00 AM to Noon - Fellowship  
led by Robin Migalla

Noon - 1:00 pm - POTLUCK

1:00 to 3:00 PM

- ✓ Cooking Tips
- ✓ Topical DVDs
- ✓ Networking
- ✓ Book Store Tours

3:00 PM - Discussion - What's  
Your Next Step? - led by  
Robin Migalla

### Activities

- ✓ Sharing
- ✓ Fellowship
- ✓ Tales of First Hand Experience
- ✓ Expertise
- ✓ Practical Tips
- ✓ Books
- ✓ Meet Your Farmers
- ✓ Exploring Ideas
- ✓ Consider Next Steps
- ✓ Budget Stretching Food Ideas
- ✓ Vote with Your Fork Concepts
- ✓ Networking
- ✓ DVDs
- ✓ A "Baker's Dozen"  
from Michael Pollan



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