



Touchstone Family Association
Strengthening Family • Building Community

EATING TOGETHER

in support of the **Front Porch Program**

Feb 24- Mar 3, 2013



Eating Together & the Front Porch Program

Research has shown that families who regularly share meals bond and connect better, have fewer problems, and stay together. **Eating Together**, a week-long campaign, aims to encourage families to eat together through a series of activities. The Campaign also aims to raise funds for the **Front Porch Program**, a family counselling service that does not require referrals and red tape, providing families in need with help when they give us a call. There is currently a waiting list, please donate generously so we can help more families.

據研究所得, 能夠與家人共同進餐是唯系一家親切關係的良方。"共同進餐" 這項目會進行一週, 希望透過一系列節目, 來鼓勵家庭成員大家一同進餐, 增進彼此的關愛。這行動亦想藉此為"前園計劃", 一個為所需的家庭進行輔導工作的機構籌募經費。現階段此機構累積的個案需要更多的捐助才可協助所需家庭, 請慷慨解囊。詳情請瀏覽以上網址。多謝支持。

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REVIEW

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Restaurants:

American Grille Restaurant . Hog Shack . Moxie's Grill & Bar . Sheraton Vancouver Airport Hotel

Reception:

AutoWest BMW Richmond . Vij's Restaurant . Sheraton Vancouver Airport Hotel . Focus Audio Visual

Online Silent Auction:

Accent Inns.American Grille Restaurant.Au Petit Chavignol Restaurant.Cakeaters Edible Art.Delta Vancouver Airport – Pier 73 Restaurant.Diner #1.Dougie Luv – Dragon Dog.Hog Shack.PriceSmart Foods.Steveston Seafood House.Stephanie Yuen.Tapenade Bistro.White Spot - Ackroyd & Richmond Centre

Please visit eatingtogether.ca for a growing list of participating restaurants, sponsors and donors.

For more information on Touchstone Family Association, please visit www.touchfam.ca. Or call 604.279.5599

#120-6411 Buswell Street, Richmond BC V6Y 2G5



EATING TOGETHER

To register, visit EatingTogether.ca

Eating Together Week Activities 本週活動

Cooking Classes 烹飪班

- Feb 25. Mon Chef Shane Lamb from American Grille Restaurant
- Feb 26. Tues Stephanie Yuen . Cookbook “East Meets West” author and food writer
- Feb 28. Thurs Chef Nathan Tymchuk from the Richmond Boathouse
- Mar 1. Fri Chef Ian Lai from Urban Agriculture Consulting
- Mar 2. Sat Chef David Illner from Moxie’s Richmond

All cooking classes will be held from 6pm to 9pm at the Garratt Wellness Centre, except Mar 2. Sat (9am to 12pm). To raise funds for the Front Porch Program, we are charging \$15 per cooking class per person. All proceeds go towards the Front Porch Program.

Community Centre Meals 社區餐

- Feb 24. Sun 10:00am - 11:30pm Eating Together Kick-Off Pancake Breakfast with Richmond Firefighters (\$3)
 Minoru Place Activity Centre
- Feb 27. Wed 6:00pm - 7:00pm Eating Together Cambie Dinner (\$3)
 Cambie Community Centre
 (Cambie High School Rotunda)
- Feb 28. Thurs 5:30pm - 7:30pm Eating Together Hamilton Dinner (\$4)
 Hamilton Community Centre
- Mar 1. Fri 7:00pm - 10:00pm Eating Together “Murder Mystery Evening” (\$50)
 South Arm Community Centre (18+ yrs)
- Mar 3. Sun 5:30pm - 7:30pm Eating Together Steveston Dinner (\$8)
 Steveston Community Centre

Free Nutritional Talks 營養講座

- Feb 28. Thurs 7:00pm - 8:30pm Better Together BC: Reconnecting Food and Fun
 Richmond Public Library Brighthouse Branch
- Mar 1. Fri 1:30pm - 3:00pm Better Together BC: Reconnecting Food and Fun
 Thompson Community Centre (Board Room)

Sponsored by BC Dairy Association. Speaker: Sydney Massey

Bid on Silent Auction and Donate Online 網上競投及捐款

All proceeds go towards the Front Porch Program. Please also donate generously online!