

The Happy Eatium Project



Malvern: JOIN US For a FREE COMMUNITY MEAL & SHOW

At: Y+ Contemporary Gallery, 1345 Morningside Ave, Unit 15

Sunday June 11th, 2017 @ 4pm-5pm

Over past five months we've been exploring the local food in 4 neighbourhoods and looking at how cheap, convenient, tasty and healthy it is. Now we're ready to do our final performances & MEALS. We'll be running a "mini restaurant", in each neighbourhood serving up some of the recipes we know how to make, while also showing you how easy or hard it is to eat well on a small budget and tight schedule. While we all seek that Happy Eatium between what we *should* do and what we can do, without making ourselves sick. There will be art, there will be food, there will be info! We've explored our own food habits in d-e-t-a-i-l, talked to dieticians, stolen recipes from our parents, connected with the best food places in each neighbourhood, pulled all those ideas into a beautiful zine, all so we can Host YOU at the restaurant of our dreams. No two neighbourhoods will be alike, so come down to: **Malvern!!** And Join us in: Parkdale @ Sketch, June 10th, Jane & Finch @ The Spot, Inside Yorkgate Mall, June 17th, Lawrence Heights @ 10 Old Meadow Lane, June 18th

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