



FOOD DAY™

a national grassroots campaign to:

- Reduce diet-related disease by promoting safe, healthy foods & truth in labeling
 - Support sustainable farms
 - Limit subsidies to big agribusiness
- Expand access to food and alleviate hunger
- Protect the environment & animals by reforming factory farms
 - Promote health by curbing junk-food marketing to kids
 - Support fair conditions for food and farm workers

Saturday, October 22nd 10:00 am-3:00 pm &

Sunday, October 23rd Noon– 5:00 pm

Mayor David Kaptain:

Elgin's Food Day Proclamation
Saturday 11:00

Dr. Jaena Stanley-Gonzaga:

Healing Power of Nature
Saturday 11:30

“Ingredients” the film 12:30

Simple Balance Holistic Center

221 E. Chicago Street

Elgin, Illinois , 60123

FREE Admission

Donations of jar and can food
accepted at door on behalf of

“Feeding Greater Elgin”

Join us for our 2-day community event

“Mindful Mouthfuls”

Back to Nature FOOD DAY Fair & Tasting

a weekend filled with food &
knowledge from local farmers
& food experts dedicated to
sharing their passion for
sustainable, organic, local,
healthy, & delicious food.

Hosted by

Elgin Green Drinks & Food
www.foodday.weebly.com

847.909.5142