

## Apple Preserving Workshop

Toronto Green Community held an apple preserving workshop on December 11th at the Timothy Eaton Church located at 230 Saint Clair Avenue West. The event was held from 12:45 until 4pm throughout the day. Toronto Green Community has been involved in teaching food preservation workshops because they believe that increased food literacy (knowledge of how to store and prepare food) allows people to waste less, save money, and eat more healthily. Knowing how to preserve food means households are less vulnerable to hunger, and that there's always something good to eat around, even if you forget to go do the groceries! This successful apple preserving event filled with about twenty community members, was the first of many preserving food workshops to come. The main focus was making and canning applesauce and the proper way to store it. Toronto Green Community wanted to launch their workshops with apples as they are an excellent gateway food into the world of preserving. The people who attended the apple preserving workshop went home with their own sample of the yummy home-cooked apple sauce. To learn more about the workshops please visit: [www.torontogreen.ca](http://www.torontogreen.ca)

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