

SAVOUR & SHARE

2024 Topics



Topic

Shopping at Farmers' Markets: Tips and strategies.

Eating Well on a Budget: Affordable nutrition hacks.

Safe Food Handling: Best practices for cooking and storage.

Growing Your Own Food: Tips for Budget-Friendly Gardening.

Food Storage Solutions: Tips to keep your groceries fresh longer.

Flavorful Homemade Dressings: Simple recipes to elevate your salads.

Cooling Summer Meals: Refreshing recipes for hot weather.

Favourite Appliances: Must-have tools for every home cook

Exploring Plant-Based Proteins: Delicious Tofu and Tempeh Recipes.

Family Cooking Fun: Engaging kitchen activities with kids.

Big Appetites, Small Budgets

Weekly Meal Prep: Strategies for healthy eating all week.

Cooking for Smaller Households: Delicious meals for one or two.

Creative Cooking: Making the most of what you have.

Nutritious Breakfast Ideas: Easy overnight recipes.

Seasonal Cooking: Delicious recipes for fall vegetables.

Holiday Meal Planning: Stress-free tips for festive feasts.

Baking bread: How to bake fresh, delicious bread at home

Healthy and Tasty Gluten-Free Recipes: Meal ideas for everyone.

Batch Cooking Basics: Preparing multiple meals at once.